

Bavarian News

Vol. 6, Nr. 14

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

July 21, 2010

HOHENFELS Beware when 'liking'

The widespread availability of social networking sites can also cause harm

PAGE 16

ANSBACH Labor of love

Having a child while overseas can be difficult; one nurse has all the answers

PAGE 18

GARMISCH Hogweed heaven

A toxic plant that can cause blindness and skin rashes grows to epic proportions in Garmisch

PAGE 20

SCHWEINFURT Return to sender

Soldiers from the 38th Human Resources Company (Postal) come home

PAGE 22



Survey says ...

We'd like to hear from you! Take the 2010 *Bavarian News* readership survey online at www.grafnews.org.

Your comments will help shape our coverage in the community.

Breaking news

The *Bavarian News* will be taking a brief hiatus in the coming weeks. Instead of the usual biweekly delivery, the next edition will hit newsstands Aug. 18.

Fiery Fourth

Soldiers, families and local Grafenwoehr community members turned out en masse for the food, fireworks and fun at this year's Fourth of July celebration. See page 24.

Index

Opinion/Editorial	2
Strength in Diversity	3
News	4-10, 23-25
Medical	11
What's Happening	12-13
Travel	15
Movies	26
AAFES	27

Smiley takes the helm

New garrison commander intends to build on existing partnerships with German community and military

Story and photos by
Molly Hayden
Staff Writer

Although rain trickled down for most of the morning, the sun peeked out from behind the clouds just before the beginning of the change of command ceremony, July 15, which welcomed the U.S. Army Garrison Grafenwoehr's incoming commander, Col. Vann Smiley, and bid "Auf Wiedersehen" to outgoing commander Col. Chris Sorenson.

More than 400 Soldiers, family members and Department of the Army civilians, along with local nationals and members of the German military attended the event.

Sorenson had commanded the garrison since Aug. 14, 2008. Under Sorenson's command, USAG Grafenwoehr was the first garrison in the Army to earn the Army's Superior Unit Award. He is noted for his initiatives in building strong partnerships and programs between the Army and local German community.

Sorenson recognized the framework of support that makes Grafenwoehr "the best place to live, work and train," and extended his gratitude to numerous leaders and contributors who made the garrison successful.

"What makes our employees special is their

See SMILEY, page 25



Diane Devens, director of Installation Management Command-Europe, passes the guidon for U.S. Army Garrison Grafenwoehr to incoming commander Col. Vann Smiley, July 15.

Graf's 10-Miler tests runners

Story and photos by
Jeremy S. Buddemeier
Managing Editor

More than 100 runners from garrisons across Europe braved the Bavarian summer for this year's U.S. Forces Europe Army 10-Miler Qualifier Race, July 10. While most came to test themselves, some ran for other reasons.

"I hate running unless I'm being chased," said Capt. Gary Brooks, assistant brigade engineer for Headquarters and Headquarters Company, 172nd Infantry Brigade, as he finalized his paperwork minutes before the safety briefing. "But all of my friends are doing it."

After the safety briefing, runners took their positions at the starting line; many made predictions as they stretched.

"The plan is to qualify," said 1st Lt. Marshall Kulp, who is part of support operations staff at the 18th Combat Sustainment Support Battalion.

A majority of runners like Kulp were vying for one of the coveted 12 spots (comprised of six active duty Army male and female runners) on the U.S. Army Europe 10-Miler team. Team members will be sent on temporary duty to Washington, D.C. to compete



Above: Runners gather at the starting line before the race. Right: First Lt. Noah Finley, assistant public affairs officer for 172nd Infantry Brigade, grabs a quick cup of water during the U.S. Forces Europe Army 10-Miler Qualifier Race at Grafenwoehr, July 10.

in the Army 10-Miler, Oct. 24, which is billed as the largest 10-mile road race in the world. Last year's race drew more than 30,000 runners.

In addition to individuals, teams from several garrisons used the race to fine-tune their training regimens, which in some cases began four months ago.

"I think we're going to do well," said a brightly clad, confident Capt.



Adolph DuBose from U.S. Army Africa at U.S. Army Garrison Vicenza. "In fact, I'd like to make this statement: This fall, U.S. Army Africa will take on U.S. Army Europe in D.C."

Others, like a soft-spoken Maj. Dan Welsh, information officer with 172nd Inf. Bde., seemed quietly optimistic.

See 10-MILER, page 25

Lt. Dan Band rocks Grafenwoehr

Story and photos by
Molly Hayden
Staff Writer

It was the perfect patriotic setting: the smell of grilled hamburgers permeated the air, the crowd dressed in a sea of red, white and blue, a dog barked at two kids passing a Frisbee across the Main Post parade field and bare feet danced to music blaring from the stage. It was the perfect American celebration, well, except that it happened to be located in Germany.

But on this Independence Day, Americans and Ger-



mans joined forces to celebrate the great country of America; what it stands for, what freedoms we have and bring to others and our vast history of good ol' American rock-n-roll.

To showcase this genre of music, Emmy Award-winning actor Gary Sinise along with his entourage of musical friends (12 members in all) took to the stage and entertained more than

Gary Sinise rocks the bass as Mari Anne Jayme provides the vocals during a set performed by the Lt. Dan Band, July 4.

4,000 Soldiers, family and community members, July 4, and provided a look inside the musical stylings of the Lt. Dan Band.

Although Sinise denies any parallels to the title character, he stated that after years of touring overseas to visit the men and women of the armed forces, Soldiers would notoriously call him "Lt. Dan."

"There were some people, I think, that didn't know my real name," said Sinise, in a graveling tone. "But I thought the name had a nice

See LT. DAN, page 24

Defender 6 sends EFMP keeps its promise

ARLINGTON, Va. - Army families deal with unique challenges associated with military life, especially when it comes to relocation. Not only do families have to find a new place to call home, they also have to find new health care and child care providers, enroll children in new schools and activities and build new networks of friends and support.

These challenges are not easy for any Army family, but for families with special needs, they are magnified.

Families with members requiring special educational and medical services often have to rebuild a complex system of providers and services to support the health and development of their family members. Families can put an incredible amount of time and effort into creating a network that enables their family members to flourish, and then, when it comes time to relocate, they have to start again.

The Army does not intend for these families to go it alone. The Exceptional Family Member Program, managed through Family and Morale, Welfare and Recreation Command, is a comprehensive, coordinated program that provides community support, educational, medical, housing and personnel services to families with special needs. Families who have questions or need EFMP support are encouraged to go to the garrison Army Community Service and speak with the EFMP manager.

Soldiers with family members who have special needs are required to enroll in EFMP, so that the needs can be considered during the nominative phase of the military personnel assignment process. Some Soldiers may be reluctant to identify family members for this program. They may

See EFMP, page 2

Graf and Hohenfels DFACs are top notch

Staff Report

The IMCOM-Europe and U.S. Army Europe evaluation committee announced the U.S. Army Garrison Grafenwoehr Main Post Dining Facility and USAG Hohenfels' Warrior Sports Cafe Dining Facility as the best large garrison and small garrison runner-up, respectively, for its annual Philip A. Connelly Awards Program for excellence in Army food service, July 15.

USAG Vicenza's South of the Alps Dining Facility took runner-up honors in the large garrison category, while USAG Stuttgart's 1/10th Special Forces Dining Facility was named the best small garrison facility.

See the next edition of the *Bavarian News*, Aug. 18, for more.



Bavarian News

Commander, U.S. Army Garrison Grafenwoehr
Col. Chris Sorenson

Public Affairs Officer

Kim Gillespie
kim.c.gillespie@eur.army.mil
DSN 475-8103, CIV 09641-83-8103

Managing Editor

Jeremy S. Buddemeier
jeremy.buddemeier@eur.army.mil
DSN 475-7113, CIV 09641-83-7113

Assistant Editor

Trecia A. Wilson
trecia.wilson@eur.army.mil
DSN 475-7775, CIV 09641-83-7775

Grafenwoehr Correspondent

Molly Hayden
molly.hayden@eur.army.mil
DSN 475-8886, CIV 09641-83-8886

Garmisch Correspondent

John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents

Eva Bergmann & Nathan Van Schaik
eva.nina.bergmann@eur.army.mil
nathan.vanschaik@eur.army.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent

Kristin Bradley
kristin.bradley@eur.army.mil
DSN 466-4917, CIV 09472-83-4917

Ansbach Correspondent

Ronald Toland
ron.toland@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

Advertising: Retail advertising and classifieds, www.milcom.de, ads@milcom.de

Address: U.S. Army Garrison Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

We want to hear from you!

The *Bavarian News* welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories you'd like to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. Prior coordination is mandatory.

The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

The *Bavarian News* is an authorized publication for members of the Department of Defense. Contents of the *Bavarian News* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army.

The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,800.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Milcom Advertising Agency of the products or services advertised.

Water Tower art by Dane Gray

EFMP provides important services

Continued from page 1

feel that identifying with the program will adversely affect their career. This is simply not true. Army leaders at all levels must help dispel this misconception.

It is also important for Soldiers and their families to know that the Army's EFMP does much more than provide information for assignment decisions.

The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

EFMP is currently serving 16 percent of all Army families, or more than 70,000 registered family members. The program has provided critical support to families since its start in 1979. Over the last 30 years, through initiatives such as the Army Family Covenant, the Army's commitment and promises to families have become more defined.

At the same time, the number of on- and off-post programs and services available to families with special needs have increased and become more diverse.

As a result of the Army Family Covenant promises and the greater array of programs to manage or coordinate with, we are committed to continually seek new ways to enhance our EFMP support to families.



The number one request I hear from EFMP families during my installation visits is for assistance in navigating the variety of services and programs available through the Department of Defense, Department of the Army and other federal, local and state agencies. When Soldiers and their families move to a new location, they need to know what is available on and off the installation and how to access and coordinate all the services.

The 2010 National Defense Authorization Act requires all of the armed services to provide additional support for families with special needs. As a part of the Army's response, Installation Management Command will add 44 system navigators to the existing EFMP staff at 26 garrisons stateside and overseas. The system navigators will help families connect to the local, state and federal resources they need.

The 26 garrisons include Fort Hood, Texas; Joint Base Lewis-McChord, Wash.; Fort Bragg, N.C.; Fort Campbell, Ky.; and Schofield Barracks, Hawaii - the five installations with the highest number of EFMP families. The system navigators will be trained and in place within the first quarter of fiscal

The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant.

year 2011.

System navigation is just one of the areas we are looking at through the Army EFMP Strategic Action Plan, which grew out of EFMP summits held in February 2009 and February 2010. For all of the issues we are looking at — family member evaluation, enrollment eligibility, information management, coordination of services, new programs and others — our efforts are guided by the concerns of our families and a focus on improving Soldier and family well-being and readiness.

One way families with special needs can communicate their concerns and recommendations is through the Army Family Action Plan. AFAP is the Army's grassroots effort through which members of the Army community can identify and elevate significant quality of life issues affecting the community to senior leaders for action.

EFMP is also one of the programs that the Services and Infrastructure Core Enterprise is studying to bring about improvements for Army families. SICE is a collaborative and cross-functional team of more than 15 com-

mands, organizations and staff offices formed to develop solutions to Army-wide challenges. SICE will determine how we can resource installations with the appropriate number of EFMP staff for the most effective and responsive program.

EFMP has provided and continues to provide invaluable service, but this is an area in which we must always seek innovative ways to enhance support to families with special needs.

Soldiers and families need to know before they depart for a new installation that they will be able to find the services necessary for the health and well-being of all their family members.

This is part of our promise to families, for the sacrifices they make, and our commitment to Soldiers, whose strength and readiness is rooted in the strength of their families.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*

Commander's Message



It's great to be in USAG Grafenwoehr

Gruess Gott! It's great to be at Graf! Thank you for the warm welcome and outstanding planning and turnout at the change of command. My family and I couldn't have asked for a better way to start our tour.

We would also like to thank the Sorensons for helping with our "transition," and we wish them the best at their next duty station, Fort Bragg, N.C. Col. Sorenson made great strides in meeting our tenant customer needs and services, and added many new programs and partnerships. His work helped make Grafenwoehr Europe's premier military community to live, work and train. Again, I want to thank Col. Sorenson for a job well done — it not only helps me, but benefits every member of this community.

I've only been here a short time, but I've had the chance to visit facilities, meet a large number of you, and meet with our tenants and military partners. We have some of the finest service and support organizations in the Army; from



our USO to our health clinics; from our AFMP to our EFMP programs; from AAFES to DeCA to FMWR; from the Kontakt Club to BOSS; from our spouses and civilians clubs to our thrift stores.

My family and I are looking forward to the many friendships we will establish here. This is a special place, and that's due to the dedicated and hard working Soldiers, civilians and family members who make things happen here on a daily basis.

We have one of the largest local national workforces in U.S. Army Europe — and it's no coincidence that Grafenwoehr also has the reputation as being one of the premier installations in Europe. The host nation community in this area, both those who work at

the installation and those who live in the surrounding cities and towns, have welcomed U.S. Army personnel for more than 65 years. They've welcomed us into their homes, provided housing when we needed it, helped us build our facilities, and helped us maintain the best training area in Europe. Our local national workforce provides the consistency and support that makes this place so unique.

I was extremely lucky to be here during the 100th anniversary celebration of the Grafenwoehr Training Area. The pride and dedication shown by the Germans and the U.S. in the planning and implementation of the activities and events throughout the week was not just a display of unity, but one of true friendship and mutual respect.

Our next big partnership event is the German-American Volksfest, which opens July 30 at 11 a.m., and continues throughout the weekend. I hope to see you there. If you can't make this event, I encourage you take advantage of the

weather and what the Upper Palatinate communities have to offer. Whether it's attending a local fest or mountain biking on the numerous trails here in the area, don't let this opportunity to see Europe and make new friends slip away.

As I noted, the weather has been gorgeous, but surprisingly hot! So please make sure you take precautions when working or playing in the heat. Stay hydrated, take frequent breaks and make safety your number one priority.

I'm looking forward to working with our partners (both U.S. and host nation) and continuing the tradition of making the Grafenwoehr Military Community the most sought after Army assignment in Europe.

It really is great to be in Graf!

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

CSM Corner



'Sex Signals' comedy addresses sexual harassment

Dating is hard. No matter which way you slice it, the rules always seem to change. If you know and abide by this one basic guideline, however, you will keep yourself out of hot water. Consent. Do you have it? If not, then don't "go for it."

Knowing how to read the signals from your date can be confusing. How do you know when that person is just flirting and when he or she actually wants sex?

Men and women make a lot of mistakes when they guess at what their date really wants from them. Sexual signals and innuendo being tossed about may make someone think their date wants sex, but until you ask outright, you can't be 100 percent sure. But asking someone if they want to have sex can be tricky, too. How do you know if just asking the question isn't a form of sexual harassment?

Sex Signals is a program everyone 18 years and older, Soldiers, family members or civilians, can attend. The program addresses many of those questions



about dating through a series of small, one-act plays. The actors use comedy and real life situations to show how easily we can fool ourselves into believing our date wants us as much as we want them.

Combining improvisation, humor and audience participation, these performers engage the audience in discussing the difficult topics of sexual assault

and sexual harassment. Actors play out various dating scenarios and when they get to difficult situations, they ask the audience how they should behave. The questions give audience members a chance to be a part of the conversation instead of just being lectured to.

This program should be at the top of every commander's list as a "troops must attend" event. The

lessons shared provide tools for dealing with the complexities of dating that lead to problems in the ranks. I recommend family members and civilians try to attend as well. Once ounce of prevention is worth a pound of cure and if we can prevent sexual harassment or assault by learning how to talk to one another, then we have the cure before the disease hits.

The "Sex Signals" show will be in the Grafenwoehr and Vilseck area Aug. 5. There are three showings, 9:30 a.m., 1:15 p.m., and 3:30 p.m. All shows are open to all three groups. Make sure to keep reading the Bavarian News for locations.

*Command Sgt. Maj.
William Berries
CSM, U.S. Army
Garrison Grafenwoehr*



Cruz finds balance in work, family

Story and photo by
Trecia A. Wilson
Assistant Editor

There are some people in life that simply brighten everyone's day no matter what the conditions. These people just seem to embody the spirit of peace and joy. Charmaine Cruz is one of those people.

That may be why Cruz was nominated to represent U.S. Army Grafenwoehr and the Joint Multinational Training Command for its Strength in Diversity campaign. Sponsored by JMTC, this honor is given to individuals whose diverse talents and experiences make the garrison a great place to live, work and train.

"She's certainly earned it," said Jeannie Colon, a fellow military spouse and Cruz's niece, who lives in Vilseck. "She is a real people person and she's very intelligent. She really tries to lead me and give me direction."

A second-grade teacher at Netza-berg Elementary School, Cruz married her high school sweetheart Sgt. Steven Cruz, I Company, 3rd Squadron, 2nd Stryker Cavalry Regiment. They live in Vilseck with their three children, Nathaniel, 12, Ihyanna, 10, and Noah, 5.

Originally from Guam, the largest and southernmost of the Mariana Islands in the western Pacific Ocean, Cruz is a native Chamorro, the indigenous people of the island. She is from the small west coast town of



Charmaine Cruz (center) and other Guamanians rehearse in simple island dresses for the Asian and Pacific Island Heritage Celebration at Rose Barracks' Memorial Gym, recently.

Agat, population 5,656 (2000 census).

Cruz has taught everything from second to fifth-grade, but says she loves second-graders as a whole, this year especially. She said there's just something about the chemistry between her and the students and even among the children themselves that has created the magical grouping every teacher dreams of getting. They just 'get' each other.

"I have worked with Charmaine Cruz since the first day she entered

Netza-berg Elementary School and I can tell you, Charmaine is an asset to any team or individual she meets and joins," said Elise Henderson, a fellow teacher. "She knows how to get things done, always pulls her own weight and is cheerful and very helpful to others. She is a wonderful teacher, her students love her, and if you let her life speak, you're going to find one exceptional woman. She holds her own anywhere, all the time, without exception."

As her colleagues, friends and

family attest, she is just one of those intangible people. Cruz knows her job and works hard. She's extremely intelligent, has a wonderful sense of humor and always has a ready smile. She's driven, too.

Proof of that drive is her Bachelor of Arts degree in Education from Pacific Lutheran University in Tacoma, Wash., which she acquired while raising two children.

She began her career on Guam teaching fifth-grade before moving back to Washington and teaching there. This is Cruz's third year with Department of Defense Educational Activity schools. She has taught at Grafenwoehr and Netza-berg Elementary Schools.

"Work isn't like work. It comes so natural," said Cruz. "I know we have to have a lesson plan, but I come into school, have an idea and run with it. It isn't just paperwork. I use a lot of technology, science and everyday life."

"I admire the love (Charmaine) possesses for her profession and for the students that she teaches," said fellow teacher Lovie Hall who has worked with Cruz for two years.

"As a Guamanian, she brings diversity, strength, kindness and understanding to her classroom, our second-grade team, Netza-berg Elementary and the surrounding community. Her willingness to drop what she's doing to help others and put their needs first is a character (trait)

See CRUZ, page 25

Spotlight on Education



Name: Mini DeLamar-Lefebvre

What grade and subject do you teach?

Middle school and high school computers and business.

Hometown: Villa Park, Calif.

How long have you been a teacher?

This is my first year teaching middle school and high school. I also taught at the college level for a few years.

What do you enjoy most about teaching?

Watching the kids grow, watching them learn a concept and seeing that "light bulb" go on. It's pretty amazing.

What advice can you give students to help them succeed?

Never give up and never let somebody tell you you can't do it.

Twice-retired Stewart still living the dream

Story and photo by
Jeremy S. Buddemeier
Managing Editor



Retired Sgt. Maj. Dave Stewart updates the retiree information board outside the Grafenwoehr Post Exchange, recently. As the president of the U.S. Army Garrison Grafenwoehr Retiree Council, Stewart works to support more than 1,500 retirees and family members.

While many were flocking to Canada to avoid the draft in the '60s, Canadian Dave Stewart hopped on a Greyhound bus headed for the Army recruiter's office in New York with his emigration papers and a dream.

Growing up in the 1950s when Elvis and Ricky Nelson ruled the airwaves, Stewart saw anchorman Walter Cronkite on TV and told his parents, "That's who I want to be."

And although he would actually meet Cronkite almost 50 years later, Stewart discovered the road to becoming a broadcaster had its bumps.

Stewart entered the Army to become a broadcaster but was shuttled into a billet as a medical records specialist because he lacked U.S. citizenship and a security clearance, which were prerequisites for broadcasters. He was unphased.

"It was broadcasting all the

way ... if I had to be a medical records specialist first, that was OK," Stewart said.

After basic training Stewart boarded a boat bound for Bremerhaven, Germany, in 1961. His first duty station was at a hospital in the shadow of the Grafenwoehr Water Tower, where the Joint Multinational Training Command headquarters now stands. After five years of paying his dues, Stewart became a U.S. citizen and auditioned for a broadcasting billet, which he said was very competitive at the time.

With the exception of a tour in Korea and a few years in the United States, Stewart spent the next 43 years at various posts in Europe. As a result, when the Stewart family gets together, it could easily be a multicultural celebration: his wife is from just outside Bayreuth, Germany; his daughter, who was born in Nuremberg, is Canadian; and his son is a U.S. citizen.

"I'm proud of being American," Stewart said. "I've just gotten used to hanging my hat here

(in Europe)."

As the somewhat reserved Stewart began to talk about his Army career, 25 years as an Army broadcaster and 17 as a Department of the Army civilian in public affairs, his voice became animated and his eyes lit up.

Each successive job held different challenges and seemed more enjoyable for Stewart than the one before. However, he called his twilight years as a civilian the "most fascinating."

By somewhat of a chance (and also because of his broadcasting background), Stewart was designated as the narrator for 50th D-Day / Battle of Normandy anniversary. Nicknamed the "Voice of Normandy," he continued to work these events for the next 15 years, which were a dream for a history buff like Stewart.

Over the years Stewart found himself hobnobbing with foreign dignitaries and several U.S. presidents including Clinton, both George H. and George W. Bush and Obama, and brushing

See STEWART, page 25

Parsons combines different values to define life on her terms

by Kristin Bradley
USAG Hohenfels Public Affairs

Growing up in a Korean neighborhood in New Jersey, Capt. Emma Parsons did not speak English until she entered school.

"North Jersey is like a mini Korea. About 50 percent of my graduating class was Korean and I had more Korean friends than non-Korean friends," said Parsons.

Though while her upbringing may be different from that of many Americans, she said she would not characterize her childhood experience as diverse.

Parsons, who was born in Seoul, South Korea, and moved to the United States with her parents before her first birthday, said things changed dramatically for her when she enrolled in The College of New Jersey and went from being surrounded by other Koreans to a campus where all ethnic minorities combined made up just four percent of the student population.

Parsons said that transition caused her to examine her heritage and beliefs more than she ever had before and made her the person she is today.

"(Starting college) was when everything changed. It was a huge transition. I found myself actually being challenged in my values and comparing my Western values and the Eastern values I was brought up with," said Parsons. "When you grow up with both you have a choice. I found myself looking in the mirror and finding out I am definitely more Western than Eastern."

Parsons said it was during that time that she realized she wanted to pursue a career. She discovered an interest in the Army through the Reserve Officer Training Corps and commissioned as a finance officer in 2003.

Her military career has taken her to assignments in Korea, Egypt, Fort Campbell, Ky., and on a deployment to Iraq in 2009.

In the beginning of June she took command of Headquarters, Head-



Capt. Emma Parsons gives a speech after taking command of Headquarters, Headquarters Detachment, U.S. Army Garrison Hohenfels, June 8.

Photo by Norbert Wittl

quarters Detachment, U.S. Army Garrison Hohenfels, fulfilling her goal of serving as a company commander.

At each step of her life, Parsons said she has seen more and more diversity, with the Army being her most diverse experience thus far.

She described what she calls the 'lunch table ideal' — that sought-after scene where people from various backgrounds sit together happily around one table — and said it

doesn't seem to happen frequently in real life, except in the Army.

"It's like at first you're forced to be friends because you work together so closely, then you become real brothers and sisters," said Parsons. "I've stayed (in the Army) because of the camaraderie. When the people are awesome to work with and you feel like a part of the team, you stay."

"I sometimes forget that I am even Korean because I have never felt different at all (in the Army), I

have always just felt like a part of the team," said Parsons, adding that the close-knit team atmosphere is one of the things she loves most about the Army.

Though the team atmosphere is one of her favorite things about the military, Parsons said that coming from a unique background and experiencing different aspects of diversity — going from being in the majority in high school to the minority in college, and examining her own values along the way — has helped her become a better leader in a very diverse Army.

"I have gotten to go places and meet people and interact with Soldiers I never thought I would meet," said Parsons.

For now, Parsons said her main goal is to use those experiences and values to lead her company.

"Taking command is something I just had to do. My biggest goal has been to be in a commanding position. I want to take care of Soldiers and have a positive impact," said Parsons.

Experience leads MP to be resiliency trainer

Story and photo by

Dijon Rolle

U.S. Army Garrison Baden-Wuerttemberg Public Affairs

MANNHEIM, Germany — Army Sgt. 1st Class Daniel Stoner says resilience is “the ability to have a positive outcome from negative situations.” He should know.

With 25 years in the Army, the Georgia native is no stranger to change or to the ups and downs that often accompany military life.

In fact, it’s one of the reasons he agreed to take on his latest mission as the master resiliency trainer for the 18th Military Police Brigade here.

In 2003, after returning from deployment, Stoner said he had some “major problems” readjusting, which were compounded by his marital problems. With support from his chain of command, he sought help at community mental health.

“Back in 2003, if you went to community mental health and said, ‘I need help,’ as an MP, they put you on a rubber gun squad,” he said. “But my unit didn’t do that, they supported me, and I was able to get the assistance that I needed to become an effective Soldier again.”

The skills Stoner said he learned from community mental health were similar to those of the resiliency training program.

“If I had learned these skills prior to my difficulty in 2003, I probably wouldn’t have had those same problems,” he said. “That’s why I believe in the program so much. It really helped me.”

The resiliency training course is one component of the Army’s Comprehensive Soldier Fitness program designed to help Soldiers, civilians and families become more resilient by increasing their strength in all five areas of fitness: physical, emotional, social, spiritual and family.

A master resiliency trainer is a Soldier or civilian who has graduated from the Army’s Master Resilience Training Course and has specialized training in teaching and applying the program’s doctrine. The skills they learn are designed to help Soldiers cope more effectively with stress, emotions and changes in their environment.

Trainers are responsible for teaching four modules: resilience, building mental toughness, building character strength and building strong relationships.



Sgt. Deantoni Littleton conducts physical fitness training with a group of children during a community event in Heidelberg, Germany. The MRT course is one component of the Army’s Comprehensive Soldier Fitness program designed to help Soldiers, civilians and families become more resilient by increasing their strengths in all five areas of fitness: physical, emotional, social, spiritual and family.

The training is conducted using several interactive classroom sessions. Small and large groups participate in mostly scenario-based exercises and dialogue.

All Soldiers are required to complete 28.5 hours of MRT training and to take the Global Assessment Tool, a confidential online tool designed to let people know how they fare in

the five areas of comprehensive fitness and where they can improve.

Stoner attended the Master Resilience Training Course at the University of Pennsylvania, Philadelphia, last year. The Army just opened an MRT facility at Fort Jackson, S.C.

“This program is going to teach Soldiers how to deal with adversity a lot better. This

isn’t just something the Army threw together since 9/11,” Stoner said. “It’s a culmination of research that has been conducted by several different departments, most of them at the University of Pennsylvania, over the past 40-plus years.”

Army Cates, the health promotion officer for U. S. Army Garrison Baden-Wuerttemberg, has played an active part in helping the command implement the Army’s Comprehensive Soldier Fitness program.

“Soldiers have always focused on a rigorous physical fitness training,” Cates said, “but before this training, there was no program to teach Soldiers how to deal with stress, work, physical training, family, personal problems and multiple deployments. Becoming mentally strong is just as important, if not more important, than physical strength.”

Despite all the research and a strong push from Army officials, Stoner said he knows the MRT program will probably meet some resistance.

“A lot of people think it’s a ‘hold hands and make everybody feel good’ type of thing,” he said. “But the program works, and I believe that it will greatly assist not just the Soldiers, but the families.”

Stoner is realistic about any immediate impact the training may have on the Soldiers themselves.

“This is not a magic bullet,” he said. “This is not something that I am going to be able to sit there and teach the Soldiers in 28.5 hours, and turn around and everything is going to be perfect in their unit. That’s not the way it works.”

“What is going to happen, though, is that it’s going to give the Soldiers a better idea on how to handle stressors,” he continued.

“And as they develop the skills and use them in their lives, the more resilient they’ll become, and maybe three, four, five years down the road, we’ll actually see a large decrease in, hopefully, domestic violence, drug abuse, sexual assault and other problems.”

In addition to his work as a trainer, Stoner is the only MRT facilitator in the 21st Theater Support Command. Facilitators receive more in-depth training on the program and the research behind it.

The program is open to all Soldiers, family members and Army civilians.

Editor’s Note: Dijon Rolle writes for U.S. Army Garrison Baden-Wuerttemberg Public Affairs.

AFAP offers active issue search at Army OneSource

by **Rob McIlvaine**

FMWRC Public Affairs

On June 15, searching for the progress of AFAP Active Issues at the Department of the Army headquarters level became easier, thanks to the new AFAP Issue Search application.

“The constituents that AFAP serve deserve to know the status of these issues. If the Army cannot resolve an issue, they also need to know what has been done and why the issue is unattainable,” IMCOM Commanding General Lt. Gen. Rick Lynch said.

This new search tool was developed because Lynch was concerned that those involved in the AFAP program had no way to track the progress and eventual resolution of the HQDA AFAP issues they had worked.

Now, Soldiers, family members, retirees, survivors, wounded warriors and Department of the Army civilians — of all components — have the ability to search the database of active issues, review the status, and learn what is needed for resolution.

“Searching for Active Issues is simple and easy,” Shaunya Murrill, FMWRC Family Programs, said.

“Simply visit Army OneSource at <https://www.myarmyonesource.com/default.aspx>, click on Family Programs and Services, click on Family Programs, and then click on Army Family Action Plan to access this new search application.

“Several filter options are available, allowing a search to be customized. Additionally, if an end-user has a question regarding an Active Issue, they can pose a question through email and receive a response within 72 hours,” Murrill said.

The Army Family Action Plan (AFAP) is a year-round process that begins at the installation or unit level. It is the Army’s grassroots process to identify and elevate the most significant quality of life issues impacting Soldiers (all components), retirees, DA civilians, and families to senior leaders for action.

AFAP is the preeminent means for commanders at all levels to learn about and seek solutions for the concerns of their communities. The changes made through the AFAP process — unique in all military branches — foster a satisfied, informed, and resilient Army community.

To date, 667 AFAP issues have resulted in 117 legislative changes, 162 Army and Office

of the Secretary of Defense policy changes, and 178 changes to programs and services.

Since the first signing of the Army Family Covenant in 2007, Army leaders have made a commitment to improving family readiness by standardizing and funding existing family programs and services; by increasing accessibility and quality of health care; by ensuring excellence in schools, youth services and child care; by improving Soldier and family housing; and by providing Soldiers and families a quality of life that is commensurate with their service.

The active HQDA AFAP Issue Search Application is a tool that validates senior leaders within the Army are committed to resolving the issues submitted by Army families.

The AFAP process begins at the installation level in the fall, culminating in an annual conference to examine and resolve issues. AFAP delegates develop issues through workgroup discussion. Issues that require higher headquarters resolution are forwarded to midlevel conferences which are conducted in the spring and hosted by Army Commands, Army Service Component Commands, and Direct Reporting Units.

Midlevel issues with Armywide applicabil-

ity are forwarded by mission commanders to the Army chief of staff for Installation Management for review by delegates at the January AFAP Conference. During this conference, AFAP delegates determine which issues will be selected to be forwarded to the director of Army staff to be worked toward resolution.

Similar to the local and midlevel AFAP conferences, delegates at the HQDA AFAP conference represent every demographic group of the Army family (Active, National Guard and Army Reserve Soldiers, families, retirees, and DA civilians). Representatives from major commands, the Army Wounded Warrior Program, and the Reserve Component are also represented at the HQDA conference.

The GOSC meeting takes place twice a year, once in the summer and once at the January AFAP Conference. Chaired by the Army Vice Chief of Staff, who leads the discussion, the GOSC determines the final issue resolution to be either: “Active” (issue still working), “Completed” (issue resolved-recommendation or “best solution” attained), or “Unattainable” (issue cannot be resolved at this time because of absence of service or congressional support, resource constraints).

New neighborhood watch program rolls out in Bavaria in August

by **USAG Hohenfels**

Installation Protection Cell

News Release

U.S. Army Garrisons Grafenwoehr, Hohenfels and Garmisch have recently rolled out iWatch to comply with ALARACT 110-2010. As of Aug. 1, all U.S. Army installations must implement iWatch for their communities.

iWatch is a modern version of Neighborhood Watch. It’s a way to report suspicious behavior or activity that relates to terrorism. Terrorism is a crime. It is our shared responsibility to keep our community safe.

The program is designed to encourage and enable members of the community to help protect their community by identifying and reporting suspicious behavior associated with terrorist activities. If you see, hear or smell something suspicious, report it.

Reporting is easy; use the web or the phone. Let law enforcement determine if it’s a threat and let the experts decide. A simple observation — a single report — can lead to actions



that can stop a terrorist attack.

Vigilance is the key. There are people and groups out there who want to do us harm and we need to protect ourselves and our community. We all must maintain our vigilance, Soldiers, family members, DA civilians, contractors and host nation employees alike. Vigilance is a common link in safeguarding ourselves and every member of our community.

You know what’s right. Take the time and effort to iWatch and protect yourself, your family, and your community. If you wish to do your part, contact your installation’s Force Protection Cell by dialing 114 or by emailing DLIMA-EHohenfelsInstallationProtection@eur.army.mil.

If you observe any suspicious behaviors or activities you should report it immediately to the military police or the Polizei.

Some activities include:

- People drawing or measuring important buildings.
- Strangers asking questions about security or building security procedures.
- Briefcase, suitcase, backpack or package left behind.
- Cars or trucks left in no parking zones in front of important buildings.
- Intruders in secure areas where they are not supposed to be.
- Chemical smells or fumes that worry you.
- People asking questions about sensitive information such as building blueprints, security plans or VIP travel schedules without a right or need to know.
- Purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having proper credentials.

Sex Signals coming soon

by **Staff Sgt. Patricia Deal**

U.S. Army Europe Public Affairs

HEIDELBERG, Germany — “Sex Signals,” the Army’s interactive sexual assault prevention training program geared toward Soldiers, civilians, and Family members 18 years and older, is rescheduled to appear at select communities in Germany, July 20 through Aug. 6. The show, originally scheduled for April, was postponed due to the volcano eruption in Iceland.



poned due to the volcano eruption in Iceland.

The “Sex Signals” show combines improvisation, humor and audience participation to engage audiences in an honest discussion about the otherwise difficult and serious matter of sexual assault and sexual harassment.

This is the second year the Sex Signals show is touring Germany. In 2008, the Army contracted with Catharsis Productions, whose owners created the Sex Signals show 10 years ago for college and university audiences, to provide the innovative training at installations throughout the Army worldwide.

The “Sex Signals” show is scheduled for the specified audiences in the following communities:

- July 22 — Hohenfels 9 a.m. and 1:30 p.m. (Soldiers)
- Aug. 4 — Schweinfurt 8 a.m. (Soldiers) 10 a.m. and 1:30 p.m. (all)
- Aug. 5 — Grafenwoehr/Vilseck 9:30 a.m., 1:15 p.m. and 3:30 p.m. (All)
- Aug. 6 — Ansbach 9:30 a.m. and 1:30 p.m. (all)

2SCR begins Afghan mission with partnership

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Partnership and professionalism was the theme, June 30, as key leaders from U.S., Romanian, Lithuanian and Afghan forces gathered at Forward Operations Base Lagman for a Transfer of Authority dinner. The dinner was held to honor the partners which compose Combined Team Zabul by outgoing 4th Brigade Combat Team, 82nd Airborne Division, that made up Task Force Fury and to welcome the 2nd Stryker Cavalry Regiment as it assumes command leadership of CTZ.

Task Force Fury Command Sgt. Maj. Mark Sturdevant said the road that lies before 2SCR will be a difficult and oftentimes perilous one, but stressed how important the struggles are for the people of Zabul to understand and feel what freedom is like.

Sturdevant also said there is light at the end of that long dark road with the people that make up Combined Team Zabul. Task Force Fury Commander Col. Brian Drinkwine reflected on his time in command and the cooperation he shared with his coalition brethren.

“When we talk about Zabul,” he said. “We talk about true partnership, integration and true brother and sisterhood.”

“For the paratroopers and Soldiers that I command,” he continued. “It

has been a great honor to work with and learn from my Afghan brothers how to take care of the people and do the mission right.”

While Drinkwine said he was a little saddened to be going, he took great comfort in knowing he was leaving the mission in the capable hands of the 2nd Stryker Cavalry Regiment.

“Command Sgt. Maj. Morris has a fantastic record in the Army,” he said. “All the Soldiers of the 2nd Stryker Cavalry Regiment are bringing a great reputation and experience to Zabul.”

Drinkwine went on to speak highly of Col. James Blackburn, the 75th commander of the regiment. “It brings great joy to my heart to know that my brother, Jim Blackburn, whom I have known for five years and been to combat with, is coming in,” he said. “In these two men (Blackburn and Morris) you are getting such great quality leadership.”

Drinkwine presented the regiment with a certificate of appreciation and a photo of the 82nd Airborne patch.

Blackburn said he was honored to be taking up the mantle from Drinkwine and looks forward to the mission ahead.

“It is a pleasure to be among professionals as we honor the fine Soldiers that comprise Combined Team Zabul,” he said. “We are excited to exploit the narrow window of opportunity before us this summer as we continue to work towards a safer and more secure Afghanistan.”



The command team of CTZ and Task Force Fury strengthen their bonds with a cake-cutting ceremony during the Relief in Place, Transfer of Authority dinner at FOB Lagman, June 30.

The evening concluded with the presentation of a certificate of appreciation to Gulab Shah Alikhel, the deputy governor of the Zabul Province.

The deputy governor thanked Drinkwine and the Soldiers of Task Force Fury for their work and helping to work toward bringing peace to the people of Afghanistan. He went on to assure Blackburn that he will have the full support and cooperation of the people of Zabul.

The 2nd Stryker Cavalry Regiment is partnering with Afghan National Security Forces and other ISAF forces to form Combined Team Zabul. The mission of CTZ is to conduct population-oriented operations and to neutralize insurgent activity in and around key terrain in RC-South. The intent of these operations is to promote freedom of movement and enable enduring stability and security for the people of Afghanistan.

Dragoons uncasing unit colors on Independence Day

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — The Dragoons of the 2nd Stryker Cavalry Regiment celebrated this Fourth of July with the official uncasing of the regimental colors at FOB Lagman, here. This historic event marks the 2SCR’s official assumption of command of Task Force Dragoons and Combined Team Zabul.

In a stirring speech that would rival the immortal words of Patton himself, Col. James Blackburn, the 75th regimental commander, put an inspirational perspective on the unit’s mission as he addressed the troops.

“The questions: ‘if not us, then who? If not now, then when?’ have been asked for a very long time,” he said. “Well, I will tell you as we stand here on the Fourth of July, our forefathers already have answered those questions for us.”

“It is you and it is now!” Blackburn continued. “There is no question this war will be won this year, and this war will be won by Soldiers of this Regiment for the Afghan people.”

“It will be won right here in southern Afghanistan where it started,” he said. “The Taliban’s cradle will become its grave, here in southern Afghanistan, as the Soldiers of

this fantastic regiment write the next chapter of our history.”

Blackburn stressed the magnitude of the role each Soldier will play in the Dragoon’s mission in Afghanistan.

“You are part of something much larger than yourself,” he said. “We are all part of something much larger than just this regiment, but this regiment will be pivotal in the victory here.”

The colonel closed by urging each Soldier to remain dedicated and focused and not lose sight of the regiment’s ultimate goal, providing for the security of the Afghan people.

“There is no time to stop and wait for somebody to

build a better bunk,” he said, “to wait for somebody to create the best FOB.”

“There is a very, very narrow window of opportunity we will exploit in short order.”

“Thank all of you for what you’ve done to this point and thank you more importantly for what you are about to do in the future.”

We are not just Dragoons for a three-year term PCS tour. We are Dragoons for life! The colors are the symbol of the unit. Uncasing the colors means that 2nd Stryker Cavalry Regiment, the oldest continuously serving regiment in the United States Army, are here and ready for operations in Afghanistan. *Toujours Pret.*



Col. James Blackburn, the 75th commander of 2SCR, thanks his troopers for their commitment and dedication to the mission during an uncasing of the colors ceremony held on Independence Day at FOB Lagman.

Mailing downrange requires care

USAG Grafenwoehr Postal Service Centers
News Release

As units within our community deploy, spouses and friends head to the post office with those forgotten necessities and little luxuries.

But aside from the confusion as to what form to fill out, some of those harmless household items could cause your package to be returned or even cost you a hefty fine.

We’ve gathered some frequently asked questions to answer some of the most common issues concerning getting your mail safely in the hands of your loved one.

Q: Is mailing to another APO free?

A: Generally, any address featuring an APO AE is free, (such as all APOs within Europe and the Middle East) and many with an AP or AA designation. Write “MPS” in the upper right hand corner of the letter or package. However, if special services are applied such as certified mail or insurance, then postage will need to be paid.

Other restrictions may apply to other APOs outside the Army Europe. If you are unsure, consult a postal employee.

Q: Can MPS be forwarded stateside or to a local German address?

A: No, both areas require the proper rate of postage.

Q: Can MPS be forwarded to another APO AE or some selected APOs worldwide?

A: Yes on AE. Consult local PSC for other than AE.

Q: When do I need a customs form?

A: Anything other than documents requires a customs form, no matter where you are mailing it. Even an envelope containing padding, bubble wrap or a small magnet must have a customs form, whether you are mailing to the United States, Afghanistan or even from Main Post to Rose Barracks.

Q: Which customs form do I use?

A: The large customs form (PS Form 2976-A) is required for anything weighing 1 pound (16 ounces) or more, however, the entire customs form must fit on the address side of the package. If there is insufficient space to meet this requirement, the small customs form (PS Form 2976) may be used. The small customs form (PS Form 2976) is also used for packages weighing less than 1 pound.

See MAILING, page 25

Sabers assume authority

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — The Sabers of 4th Squadron, 2nd Stryker Cavalry Regiment, became the first squadron in the regiment to assume responsibility of an area of operation in southern Afghanistan.

During a transfer of authority ceremony, June 28, the Sabers replaced 8th Squadron, 1st Cavalry Regiment, as the commanding unit at Forward Operating Base Spin Boldak, Afghanistan, near the Pakistan border.

The transfer of authority from Task Force Saint to the Saber Squadron was marked with the Cavalry tradition of passing the command saber between the outgoing and incoming commanders.

“With the passing of the command saber,” said Lt. Col Andrew Green, 4th Squadron, 2SCR commander, “comes the responsibility of sharing the pledge to work alongside our Afghan partners for all the people of the region.”

“I promise you today,” he continued, “that the Saber Squadron will continue the successful practices of Task Force Saint, and endeavor to find new areas in which to increase the capacity and effectiveness of our ANSF and GIRoA partners within this district.”



Photo by Spc. Audrey Glynn

Lt. Col. Andrew Green, commander of the 4th Squadron, 2nd Stryker Cavalry Regiment, unfurls the squadron colors during a transfer of authority ceremony, June 28, at Forward Operating Base Spin Boldak in southern Afghanistan.

“Saber Soldiers are on the ground and ready to write the next chapter of our operations here.”

The Sabers are deployed to Afghanistan for 12-months in support of Operation Enduring Freedom. During their deployment, they will continue to provide security and stability for the people of Afghanistan.

Red, white and blue barbecue is a hit

by **Spc. Corey Glynn**
2SCR Public Affairs

An estimated 750 spouses and family members of 8th Squadron, 2nd Stryker Cavalry Regiment, got together for a “Red-White-Blue-BQ” and some fun in the sun, June 30.


“We wanted to give the families the opportunity to get out of the

house and meet the other families as well as the rear detachment staff,” said Meredith Cooke, 2SCR family readiness support assistant. “You don’t have to mourn your spouse’s deployment, you can still get out and have fun.”

Cooke worked with Capt. Ryan Tallant, 8th Squadron’s S-5, for several weeks prior to the barbecue and

on game day all of the squadrons helped set up and run the event.

The bouncy bounce and beanbag toss kept kids playing hard and the candy prizes kept them wanting more. The fun and games made it enjoyable for everyone. For more information, contact your unit family readiness support assistant or family readiness leader.



Energy saving tip #3: Close window shades and open the windows for better air circulation.

Blackhawks cast Shadow over Black Sea

Story and photos by
Sgt. Charles D. Crail
172nd Infantry Brigade
Public Affairs

BABADAG TRAINING AREA, Romania — With a growling engine like an angry chain-saw, the Shadow is catapulted into the air above hills overlooking the Black Sea, here, July 1.

Soldiers of the 504th Military Intelligence Company, part of the 172nd Infantry Brigade, “Blackhawks,” from Grafenwoehr, Germany, are deployed for Operation Saber Dawn in Romania, part of the larger Task Force-East initiative, to demonstrate the capabilities brought by the Shadow unmanned aerial vehicle for their European allies.

“This is my first time meeting this system,” said Romanian Land Forces Lt. Col. Sava Claudio, commander, 20th Infantry Battalion, 2nd Infantry Brigade. “This system is a real intelligence capability multiplier. I am very impressed with the Shadow’s day and night capabilities.”

“The biggest advantage the UAV provides for the battalion commander is deep threat capability,” said Chief Warrant Officer Marc Schubert, UAV technician, 504th MI Co.

This is the first time the 172nd Inf. Bde. has deployed UAV aircraft to eastern Europe for training. The TF-East 2010 rotation marks the fourth year of the bilateral training between Romanian, Bulgarian and U.S. forces designed to facilitate strategic partnerships and promote regional security.

Romanian and U.S. Army UAV crews are working side by side throughout the training exercise. The Romanian military uses a similar ver-

sion of the Shadow UAV as the American forces.

“The Romanian UAV crews are very proficient,” said 1st Lt. Todd Flores, platoon leader, 504th MI Co. “The product they can produce with the aircraft is very high quality. I would gladly serve with their Shadow crews again in theater.”

“The Shadow provides eyes on the target at all times and nearly real time intelligence,” Schubert continued.

The UAV platoon maintains four aircraft for continual surveillance, he said. Three aircraft are rotated over the target area in eight-hour shifts and the fourth aircraft is held in reserve as a backup.

“It is also possible for one UAV crew to pass control of the aircraft to another crew located hundreds of miles away,” explained Pfc. Christopher Abreu, air vehicle operator, 504th MI Co., when speaking of the unit’s recent deployment to Iraq.

Each battalion in the 172nd Inf. Bde. has UAV assets assigned, effectively enabling the leadership to monitor all parts of the battle space during operations.

The video optics of the aircraft, which are both in regular video and infrared, allow the UAV to spot potential threats or target information in all lighting conditions.

“It is cool to watch people moving around in the IR mode,” said Abreu. “As they move through tall grass or woods, you can see little trails behind them showing where they have been.”

“This is a growing job field,” commented Spc. Eric Robledo, air vehicle operator, 504th MI Co, “with great opportunity to expand your career.”



Spc. Norman Grimm, crew chief, 504th Military Intelligence Company from Grafenwoehr, Germany, answers questions about the Shadow unmanned aerial vehicle for senior officers from the Romanian Land Forces. Right: The lens of the Shadow UAV optics pod reflects ground crew of the 504th Military Intelligence Company, July 1.



3-66th Armor Regt. celebrates at Pressath Citizens Festival

Story and photo by
Maj. Joseph P. Buccino
172nd Infantry Brigade Public Affairs

PRESSATH, Germany — Leaders from the city of Pressath and Soldiers from 3rd Battalion, 66th Armor Regiment, “Black Knights,” came together to support the 25th anniversary of the Pressath Citizens Festival held in the city’s festival center, July 10.

The festival, hosted biannually by the city council, celebrates Pressath’s history and community.

Planning for the party, the biggest event the city hosts, began in October. The preparation paid off, however, as the event was an enormous success.

Mayor Konrad Merkl was excited to have representation from the Black Knight Task Force.

“Today is the perfect opportunity to introduce the new Task Force leaders and Soldiers to Pressath,” said Merkl. “We want the Soldiers and their families to come out of their housing areas and visit our restaurants, make friends here and come out to our parks.”

The festival began with a parade led by members of the city council,

the city’s marching band and over 100 Black Knight Soldiers. The parade ended at the festival center, where the Pressath Civil Society fired a ceremonial volley to begin the celebration.

During the opening ceremony, Merkl thanked Soldiers for attending and presented a city flag to the Black Knight leadership.

“The people of Pressath really put on a great display for us today,” said Spc. Michael Nordstrom. “Now we want to show the people of Pressath that we are willing to involve ourselves in the community. We are willing to adjust to German culture and become part of the community rather than remain American outsiders.”

Erhard Hauck, head of the Pressath Civil Association and honorary chairman of the festival, said he sees this event as the start of a friendship between the local community and the 172nd Infantry Brigade “Blackhawks.”

“The Soldiers used to remain isolated in their own communities and the military installation,” said Hauck. “Now I believe they will start to come out of their homes and join us.

Perhaps they will feel as if they are part of our family.”

Lt. Col. Curtis Taylor and Command Sgt. Maj. Malcolm Parrish, the command team of the 3-66th Armor Regt., participated in the traditional keg-tapping ceremony, which signifies the end of the formal reception and beginning of the celebratory feast.

“This is a good time,” Spc. Oliver Marks, Headquarters Company, 3-66th Armor Regt. said. “I’m meeting a lot of new people here and enjoying the food. I plan on coming out here more often.”

The mayors and city council members of Grafenwoehr, Eschenbach and Kirchenthumbach, as well as the members of the Grafenwoehr Veterans of Foreign Wars, joined the Soldiers and the Pressath community in the feast. An array of chicken, wurst, jager schnitzel and spargel presented the attendees an opportunity to sample local culinary specialties.

Against the backdrop of Swiss music and cooling temperatures, Soldiers lingered well into the evening, intermingling with their new Pressath friends. The event was a clear success



Lt. Col. Curtis Taylor and Command Sgt. Maj. Malcolm Parrish, the command team of the 3rd Battalion, 66th Armor Regiment, participate in the traditional keg-tapping ceremony, which signifies the end of the formal reception and beginning of the feast at the Pressath Citizens Festival, July 10.

for both the city and the task force.

“This is a great start to the 172nd Infantry Brigade’s outreach to the local community,” said Taylor. “These

folks have cared for our families for a long time already. I am really impressed with how the leaders of Pressath have reached out to us.”

Rules eased for military retirees shopping at PX, commissary

by **Robert Szostek**
U.S. Army Europe
Office of the Provost Marshal

HEIDELBERG, Germany — The German Federal Ministry of Finance has eased the rules under which retired U.S. military members, accompanying dependents and surviving dependents can shop in post exchanges and commissaries in Germany, say U.S. Army Europe Office of the Provost Marshal officials.

Retired U.S. military members, accompanying dependents and surviving dependents no longer have to report to German customs officials once a month if they don’t shop in U.S. facilities. However, German authorities may request a written statement from retirees, unaccompanied dependents and surviving dependents who report no purchases during the entire 12-month validity period of the “pink cards” (Form 0217) they must get from German customs officials before making purchases. With that statement they confirm that no purchases were made and agree for German customs to forward information to U.S. Forces Customs-Europe for verification purposes.

“To qualify for shopping privileges, military retirees first need a form verifying their retired status, which they can get at their local military customs office,” explained Iris Hoehenberger,

chief of customer service at the USAREUR OPM.

“Then, take the verification to the German customs office serving your area of residence,” Hoehenberger said, “and you will receive an authorization known as Form 0216 and a German Customs Certificate (the pink card). The pink card and your retiree ID card allow you to buy nonrationed items in exchanges and commissaries in Germany.”

Retirees who don’t live in Germany but visit Germany for at least 30 days also qualify for the pink card. However, surviving dependents must have their permanent residence in Germany.

German customs will levy 17.5 percent duty on each item that costs less than the U.S. dollar equivalent of 50 euros, OPM officials said. For each item that costs more than 50 euros, they will charge the tariff rate for that particular item plus 19 percent value added tax.

German customs can also withdraw a pink card and authorization and take legal action against those who fail to meet their obligations, Hoehenberger added.

These shopping privileges are not available to retired civilian employees.

For full details, visit www.hqusareur.army.mil/opm/custom4.htm or call a military customs office.

Navigating MEB/PEBs are complicated; help is available

by **R. Charles Collica II**
MEB Outreach Counsel - Europe

Service members new to the Medical Evaluation Board and Physical Evaluation Board process are most often confused and weighed down with questions concerning their legal rights. MEB Outreach Counsel (MEB Counsel) and Soldiers Counsel (PEB Counsel) are licensed attorneys available to provide information, advice and representation to Soldiers throughout the MEB-PEB process.

The MEB Outreach Counsel is available to assist each individual Soldier from the moment he or she is referred into the MEB process. At the beginning, general advice and assistance is provided in developing a strategy to reach the Soldier’s desired outcome. As the Soldier progresses through the system, the MEB Outreach Counsel can provide more specific advice and representation. The Soldiers Counsel is available to represent the Sol-

dier once the case progresses from the MEB to the PEB stage.

The MEB Outreach Counsel who serves all Soldiers in USAREUR is located in the Wiesbaden Legal Center. Soldiers Counsel offices are located at Landstuhl and Vilseck.

If you reside in U.S. Army Europe and are undergoing an MEB-PEB, legal teams are available at the following locations:

- Heidelberg: DSN 371-2091, CIV 06221-17-2091
- Wiesbaden: DSN 337-4738, CIV 0611-705-4738
- Landstuhl: DSN 486-8286, CIV 06371-86-8286
- Vilseck: DSN 476-3358, CIV 09662-83-3358

Don’t try to navigate this complex process on your own. Don’t hesitate; take advantage of the free legal advice and representation available to you now. Your rights and benefits may be adversely affected if you don’t.

Visit www.grafnews.org and take the 2010 *Bavarian News* readership survey. You’ll be glad you did.

Tourists are tempting targets for thieves

by Robert Szostek
U.S. Army Europe Office of the Provost Marshal

MANNHEIM, Germany – Crime doesn’t take vacations. That’s why U.S. Army Europe crime prevention experts say you can never be too careful, prepared or aware.

Members of the U.S. forces community in Europe should be particularly cautious when they travel, the experts say.

“It’s important to remember that tourists make tempting targets for thieves,” said Lt. Col. Shawn J. Kelley, chief of law enforcement at the USAREUR Office of the Provost Marshal. Travelers who

are lost or distracted, weighed down with bags, and carrying money and other valuables in obvious places, make great targets for thieves.

The best advice is to blend in with the crowd and look like the locals, OPM officials say. Don’t let your dress, talk or mannerisms identify you as American or a member of the military. Carry inconspicuous baggage, not military bags or luggage with unit logos. Don’t take uniform items or clothes with military designs with you.

Pickpockets are particularly active during the summer, OPM experts add, especially in major cities and in eastern and southern Europe. They

stalk tourists and strike when their victims are vulnerable. “If anyone jostles, bumps or crowds you, a pickpocket may be in action,” Kelley said. Thieves may also stage distractions by dropping something or causing a loud commotion, and steal your belongings while you are distracted.

Pickpockets often offer to help their victims load bags on trains, taxis or buses to give the thieves an opportunity to steal something out of them. They may cut backpacks open and take whatever drops out.

Thieves watch potential victims buy tickets, food or other items at train and metro stations to see where victims



keep their wallets or money. Don’t make yourself an easy target, experts say.

Kelley said women should never sling purses or pocket-books over their shoulders, because many items are plucked out of open purses. He recommended that women carry handbags or purses in front of their bodies, and that men place their wallets in a front pants pocket if possible.

Some thieves also target those who have had one too many in bars and clubs late at night, or take unguarded valuables while their owners are swimming or asleep or away from their seats on a train.

Kelley said it’s best not to

flash a lot of cash, and wise to not throw away receipts from credit card purchases or anything with an account number on it that a thief could use.

OPM officials said members of the U.S. forces com-

munity can contact their local provost marshal offices for more security tips or download National Crime Prevention Council travel safety pamphlets at www.ncpc.org/resources/files/pdf/traveling.

10 ways to save with cell phones, BlackBerrys



**U.S. Army Europe
Public Affairs and
Operation Communications
Information Systems**
News Release

All calls, e-mail and text messages on government-provided cell phones and BlackBerrys cost the government and American taxpayers — you — money. Unlike many personal phone contracts, the contract U.S. Army Europe uses for BlackBerry and cell phone service does not provide unlimited usage. To save money and avoid misuse, government users are asked to keep the following cost-saving measures in mind:

- If available, use a “land line” or DSN telephone to make calls, rather than a government cell phone or BlackBerry.
- Avoid international roaming — if

you use your cell phone or BlackBerry outside the country where it is contracted, you will incur considerable international roaming charges for every incoming or outgoing call, e-mail or text message.

- Remember that calls to other Army cell phones, BlackBerrys and land lines are not free.
- Do not use government-contracted data service as a personal link to the Internet. One USAREUR member racked up more than \$22,000 for just one hour of Internet use, and may be held personally liable for those charges.
- Do not use a government phone as a personal phone. Organization telephone control officers and USAREUR communications officials audit call logs each month and report abuse or misuse to unit commanders and the USAREUR chief of staff, and abusers must re-

pay charges incurred.

- Remember that government cell phones and BlackBerrys are official devices, for official use only. USAREUR policy prohibits their use while on vacation or TDY except in certain circumstances, and abusers must repay charges incurred.
- Don’t deploy with a USAREUR-issued government cell phone or BlackBerry. If you are deploying, return your phone or Blackberry n to your telephone control officer before you fly.
- Do not call 1-800 numbers in the United States from a government cell phone or BlackBerry. These numbers are not toll free from outside the U.S., and the Army pays international long distance rates when they are dialed. This includes numbers listed on calling cards purchased in base exchanges.

- Ask yourself whether you really need a government cell phone or BlackBerry. If you have one but seldom use it, perhaps you should turn it in. Each device costs the government a monthly service charge, and USAREUR pays for thousands of devices.
- Know the most current policies. Army in Europe Command Memorandum 2010-033 (Use of BlackBerrys and Cell Phones Outside of Service Coverage Area) is available at <https://aepubs.army.mil/pdfpubs/CM2010-033.htm>, and outlines many of these policies. The USAREUR G3 (operations) and G6/OP CIS (information management) divisions are forming a panel to review cell phone and BlackBerry policies. That panel is expected to release updated policies on their issue and use in the coming months.

Officials ask travelers to be safe, use common sense

by Sam Reynolds
U.S. Army Combat Readiness/Safety Center

Each summer, millions of people take a vacation. Some vacation alone, some with their friends, and many take their family on vacation. If a summer vacation is in your future, equip yourself with the skills and knowledge that will contribute immensely to an enjoyable vacation and a safe return at vacation’s end.

Vacation planning

When planning a vacation, good preparation is vital to success. It is important that you outline your trip from point A to point B.

This simply means considering everything from the things that must be accomplished prior to departing for vacation to the potential risks faced during the time you are away.

- Lock all doors and windows throughout the house before departing and at the hotel while on the road.
- Unplug most electronic items especially those that are expensive or may have valuable data on them.
- Call and suspend your paper and mail delivery while you are gone.
- Leave a radio or a low watt light on in the

house; this can be viewed as an indication that someone is home.

Driving safety

A driving vacation can be a lot of fun, but don’t leave safety and common sense behind. Here are the basics for a safe vacation.

- Before you go, remember to:
- Do a TRIPS Report and discuss your travels with your supervisor.
- Check your car (battery, tires, belts and fluids) or have it serviced if necessary.
- Have a qualified technician check the air conditioner.
- Check your oil. If you will be towing a trailer or boat or driving in the desert, switch to motor oil with higher viscosity.
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight, equipment to change a tire and a first aid kit.
- Fill up your gas tank at night or early in the morning to minimize damage to the ozone layer.
- Make sure your child safety seats and booster seats are properly installed.

On the road, remember to:

- Ensure all occupants are buckled up, with children in the back seat.

- Obey speed limits and all roadway signs.
- Drive calmly and avoid entanglements with aggressive drivers.
- Take frequent breaks – at least every two hours – and avoid driving when tired.
- Be especially careful around railroad crossings.
- Avoid driving in the “blind zone” around trucks. If you cannot see the truck driver in the truck’s mirror, the truck driver cannot see you.
- Slow down in work zones, obey all signs and flaggers and pay attention to the vehicle in front of you.

Develop a plan before leaving the shore to give a responsible person details about where you will be and how long you will be gone. This is important because if the boat is delayed because of an emergency, becomes lost or encounters other problems, you want help to be able to reach you. Watch the weather, know local weather conditions and prepare for electrical storms. Stop boating as soon as you see or hear a storm.

There are a number of activities that many of you will be involved in this year, just remember to applying composite risk management to all your scheduled and unscheduled activities is the best way to keep you and your family safe.



Guest drivers in Germany must abide by USAREUR regulations



By Robert Szostek
*U.S. Army Europe
Office of the Provost Marshal*

HEIDELBERG, Germany – One advantage of being stationed in Europe is that friends and family can visit and get that real Old World travel experience. They can also share the burden of driving if you take trips with them. But you must get customs approval first if you want to let them drive your U.S. Army Europe-plated car on their own excursions.

“Just go to your local military cus-

toms office and fill out the application form,” said Bill Johnson, director of the USAREUR Customs Executive Agency. “If you want to have the paperwork ready when your relatives or friends arrive, you should bring along your vehicle registration and clear copies of their passports and stateside or international driver’s licenses,” he added.

Two things to remember are that guests cannot be residents of Germany and they can’t be dependents of the person they are visiting. It is also important to make sure that guests are

covered by their hosts’ automobile insurance policies.

Guests can use this exception to policy to drive a USAREUR-registered privately owned vehicle in Germany for up to 90 days after entering the European Union. The authorization document must be in the car when guests use a vehicle independently, along with their passports, the vehicle registration, proof of insurance and the guests’ international driver’s licenses (or official translations of their licenses).

“Driving in Germany is tax- and

duty-free for U.S. forces personnel and their dependents,” Johnson explained, which is why the customs authorization is required for guests.

But he warned that this exception to policy does not let guests buy gas at Army and Air Force Exchange Service gas stations or use their hosts’ AAFES fuel cards. Likewise, visitors to Germany who rent a car may not use AAFES stations or fuel cards.

More information on the policy is available on the USAREUR Customs Executive Agency website at www.hqusareur.army.mil/opm/custom3.htm.

UV rays can cause unseen skin damage

by **Dr. Wayne Combs**
*U.S. Army Public Health
Command(Provisional)*

Ultraviolet rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC). Scientists believe that UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer. UVB rays penetrate less, but can still cause some forms of skin cancer. Natural UVC rays do not pose a risk because they are absorbed by the earth's atmosphere.

Sunlight exposure is highest during the summer and be-

tween 10 a.m. and 4 p.m. Because snow and light-colored sand reflect UV light and increase the risk of sunburn,

Soldiers are especially vulnerable when in the field or deployed to places like Iraq or Afghanistan. UV rays may reach exposed skin from both above and below and can cause burns even on cloudy days. Many drugs, including ibuprofen (Motrin), increase the risk of sunburn.

Years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots and an increased risk of skin cancer. In addition to the skin, eyes can get burned from sun exposure. Long-term exposure to the sun can lead to cataracts and has been linked

to the development of macular degeneration.

Sunburn does not show up immediately. Symptoms usually start about four hours after exposure, worsen in 24 to 36 hours, and last for three to five days.

First aid for minor sunburn:

- Take acetaminophen (Tylenol) or ibuprofen to relieve pain and headache and reduce fever.
- Drink plenty of water.
- Take cool baths or apply cool wet cloths on the burned area.
- Avoid further exposure until the burn has resolved.

How to prevent sunburn:

- Wear sunscreen with a minimum of SPF 15. SPF refers

to the amount of time persons will be protected from a burn. An SPF of 15 will allow a person to stay out in the sun 15 times longer than they normally would be able to stay without burning. The SPF rating applies to skin reddening and protection against UVB exposure. SPF does not refer to protection against UVA. Products containing Mexoryl, Parsol 1789, titanium dioxide, zinc oxide or avobenzone block UVA rays.

- Sunscreen performance is affected by wind, humidity, perspiration and proper application. Old sunscreens should be thrown away because they lose their potency after one to two years.

Sunscreens should be liberally applied (a minimum of 1 ounce) at least 20 minutes before sun exposure. Special attention should be given to covering the ears, scalp, lips, neck, tops of feet, and backs of hands. Sunscreens should be re-applied at least every two hours and each time a person gets out of the water or perspires heavily. Some sunscreens may also lose efficacy when applied with insect repellents, necessitating more frequent application when the two products are used together.

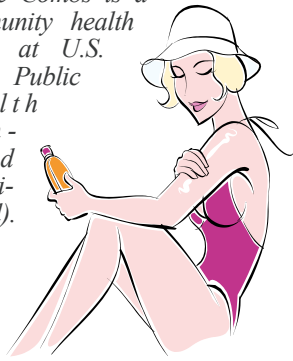
- Dark clothing with a tight weave is more protective than light-colored, loosely woven clothing.

Prevent eye damage:

- Wear sunglasses with almost 100 percent UV protection and with side panels to prevent excessive sun exposure to the eyes. Additional protection for eyes can be the brim of a hat to block the sun rays.

Editor's Note: Dr.

Wayne Combs is a community health nurse at U.S. Army Public Health Command (Provisional).



Caterpillar nests create medical issues

by **Jennifer Walsh Cary**
BMEDDAC Public Affairs

If the average person was to list the health risks in their neighborhood, caterpillars probably wouldn't make the cut. But if you're living in Bavaria, maybe they should.

The Oak Processionary and Pine Processionary Caterpillars that are common to the Bavaria footprint – and potentially your backyard – carry a toxin in their hairs that could cause an allergic reaction in some people, especially children.

“Exposure to the hairs may result in rash-like symptoms indicated by small red spots on the skin which itch and are sometimes painful,” Staff Sgt. Frederick Beck, Preventive Medicine NCOIC, said. “Other symptoms include skin and eye irritations and occasional respiratory symptoms.”

The reaction occurs when there is direct contact with the hairs either by touching the caterpillar itself or from an airborne hair that lands on the skin. According to Beck, the hairs are environmentally stable and can exist outside a former nesting area for up to a year. With each caterpillar sporting approximately 63,000 hairs, it can quickly become a “hairy” situation when there is a nest containing hundreds to thousands of caterpillars in a neighborhood.

“If you see a small nest, there's probably quite a few of them in that area. The first thing you should do is go to housing and notify them that you have a nest of caterpillars in your neighborhood,” Beck said. “The Directorate of Public Works will come in with a team that will spray down the nest with a bonding agent to keep the hairs from flying from the nest. Then they'll take it away and burn it.”



Photo by Staff Sgt. Frederick Beck

An Oak Processionary Caterpillar attaches itself to a tree in a military housing area on Rose Barracks, July 8. If found in a military housing area, immediately report the location of the nest to the garrison housing office.

Beck stressed that the hair itself isn't the problem. Rather it's the toxin that is contained within the hair that could cause an asthmatic reaction in people. Much like having an allergy to bee stings, having an allergy to caterpillars is hit or miss.

“Some people could go swimming in a sea of caterpillars and they're fine,” Beck said. “Other people are really sensitive to these par-

ticular caterpillars and could have an allergic reaction.”

Most reactions, such as skin rashes, go away on their own or can be treated using hydrocortisone cream or Benadryl, according to Beck. He said if the reaction is more severe to make an appointment at the local health clinic.

Children usually have worse allergic reactions than adults and are also more likely to come in direct contact with the caterpillars. Not all caterpillars pose a health risk, but if a child is playing with a hairy, brown caterpillar Beck recommends parents take it away and monitor their child for an allergic reaction.

“Unless your child has a reaction, they should be fine,” Beck said. “I would say it takes anywhere from one to three hours for your basic type of reaction to occur.”

The best way to avoid caterpillars and their hairs is to wear long-sleeved clothing when hiking or playing in the woods; to shower immediately after coming in from outdoors; and to wash outerwear, such as jackets, on a frequent basis.

“A lot of people wear the same jacket every time they go outside, but they don't wash it,” Beck said. “They put it on later and wonder why they're itchy. It's because things like these hairs get stuck to your clothing and can cause problems later.”

Ultimately, the best defense is a good offense. These caterpillars are not only a health risk, but they're also an environmental risk because of how quickly they devour full-grown trees. If you see a caterpillar nest in your neighborhood, report it to housing right away.

“Their goal is to feed and transition to the next stage of life,” Beck said. “If there's not a control in place, they will take over everything.”

COMMENTARY Blazing sun yields wrinkles

by **Jennifer Walsh Cary**
BMEDDAC Public Affairs



Walsh Cary

It's a Tuesday morning and I should be working on several different things at work, none of which include obsessing about my skin.

Too bad that's all I can think about.

More specifically, I'm thinking about the heat rash I have on my arms and the sunburn I have on my back and legs. Not exactly the souvenirs I wanted to bring home from my weekend trip to Italy.

I admit that part of me expected the sunburn because my Irish skin is no match for the Italian sun, but heat rash, too? This is cruel and unusual punishment.

So here I sit, resembling a barnacled lobster, wondering how it all went wrong.

First, I failed to do the appropriate research before I left the house. Sure, I brought sunscreen, but it turns out the sun protective factor, or SPF, was way too low to keep my fair skin from burning. I even bought a straw hat to wear, but I was already halfway into my trip before I bought it.

However, my favorite mistake by far is that I didn't think about what I was wearing. It never occurred to me that the ultraviolet rays were going straight through my clothes and attacking my skin. Did you know that most clothes provide less than SPF 15 protection? I was reading a magazine on the flight back to Germany that said many clothes only have SPF 6 protection.

Figures I would read that little tidbit as my vacation was ending.

To make matters worse, I was dripping with sweat for most of the trip. Not only is sweating unpleasant in general, but in a humid climate it can lead to serious discomfort. Apparently, sweat can get trapped under your skin, which leads to the little red bumps, better known as heat rash.

Ultimately, all of these factors led to my current predicament.

Fortunately for me, it was only one of many vacations I plan on taking while in Europe so I have plenty of time to redeem myself. I beefed up my knowledge about taking care of my skin and vowed to do things differently next time.

I made a promise to my skin that in the future I will bring sunscreen with an absolute minimum of SPF 15. My goal is to aim for SPF 50, but my inner Irish woman still longs for a tan. I promised that I will wear better clothing that's breathable like cotton and can wick away sweat to prevent heat rash. I will wear sunglasses that wrap around my face and a floppy hat that covers my ears. Finally, I will do my best to stay out of the sun between 11 a.m. and 3 p.m. when I'm most vulnerable to exposure. I like to think of this as my future midday margarita time.

Truth be told, I shouldn't wait for my next vacation to put these preventive measures to good use. Any time I'm outside, I should make it a habit of living up to the promise I made to my skin.

At the end of the day, it doesn't matter if the sun you're exposed to is Italian or Bavarian; both can be brutal on your skin.

Information for this article was taken from the Centers for Disease Control and Prevention website at www.cdc.gov.

Army looks at alternative pain treatments

by **Alexandra Hemmerly-Brown**
Army News Service

WASHINGTON — The Army's health care system may soon see changes in how Soldiers are treated for pain, according to a report released by the Army's surgeon general, June 23, which recommends 109 changes.

The Pain Management Task Force's final report, which was initiated by Lt. Gen. Eric B. Schoomaker in August 2009, addresses the lack of a comprehensive pain-management strategy across the Army, and suggests alternative treatments to medication such as acupuncture, meditation, biofeedback and yoga. Also noted in the report is the fact that pain management has changed very little since the discovery of morphine in 1805.

Schoomaker explained that with the increasing numbers of Soldiers returning from combat with severe wounds, reports of medication abuse and suicides with pain as a possible factor are troubling.

“While these issues might not be directly related to pain management, I felt a thorough evaluation and assessment of current pain-management practice was indicated,” Schoomaker said.

He said part of the problem is that severely injured Soldiers,



Courtesy photo

Yoga is now one of the alternative methods the Army is utilizing for standard medical issues like pain management.

like those in Warrior Transition Units, are often prescribed multiple medications and sometimes seen by several different doctors, which can cause inconsistencies in care. But he maintained that this is not just an Army problem — it's a problem throughout the U.S. health care system.

“This is a nationwide problem ... we've got a culture of 'a pill for every ill,’” agreed Brig. Gen. Richard W. Thomas, assistant Army surgeon general.

“As a physician, the hardest thing to deal with is patients with chronic pain,” said Col. Jonathan H. Jaffin, director of health policy and services, Army office of the surgeon general. “So many of us went into medicine to relieve suf-

fering, and chronic pain is frustrating because we want to relieve that pain.”

The task force visited 28 military, Veterans Affairs and civilian medical centers between October and January to observe treatment capabilities and best practices. Schoomaker's said his goal is to form a pain-management strategy that is holistic, multidisciplinary and puts Soldiers' quality of life first.

“This is an opportunity to change medical care and the way we take care of patients,” noted Thomas.

Schoomaker stressed that Army practices have always been in compliance with America's medical regulations, but he thinks the Army can do better.

“Everything we do in the Army, even managing a toothache, is all in compliance with national standards ... what we want to do is set the bar higher,” Schoomaker explained.

Schoomaker's higher standards include offering treatment alternatives that might not yet be prescribed in average doctor's offices, but which patients are already seeking out on their own, such as acupuncture. He said the Army has looked at research on the effectiveness of complementary techniques, and he would like to see them integrated into tradi-

tional medical treatment.

“Programs such as biofeedback and yoga have been subjected to scientific randomized trials and have been proven to be effective,” Schoomaker said.

Biofeedback involves measuring body signals -- such as temperature, heart rate, muscle tension and brain waves -- to help patients with relaxation techniques and pain reduction.

Schoomaker said he is hopeful that Soldiers will be receptive to alternative methods of care once they see that the treatments work.

“Seeing success is the best way to convince people of the usefulness and the need for other approaches,” agreed Jaffin.

The 109 recommendations are divided into four areas: to provide tools and infrastructure that support pain management, build a full spectrum of best practices, focus on Soldiers and families, and synchronize a culture of pain awareness, education and intervention.

Schoomaker said the recommendations that can be put into policy under his authority will be implemented in the coming months, and the 2010 National Defense Authorization Act asks the secretary of defense to integrate a pain-management policy into the military health care system no later than March 2011.

What's Happening

Grafenwoehr/Vilseck Briefs

New passport fees

The Department of State has announced an increase in passport application fees. Due to new requirements and to recover the true cost of consular services, the fees for processing passport applications and visas have been adjusted. The new fees will be helping the Department of State cover the actual cost of processing these items. Some of the new fees are listed below:

- Initial Adult Tourist Passports (16 and older): \$135
 - Renewal Tourist Passports: \$110
 - Child's Tourist Passport (15 and under): \$105
 - Consular Report of Birth Abroad and No-Fee Passport: \$100
 - Consular Report of Birth Abroad and Tourist Passport: \$205
 - Additional Visa Pages: \$82
- Questions about the new fees and a complete listing of the price increases can be seen on www.travel.state.gov. For more information, contact the Grafenwoehr Passport Office at 475-8699 or e-mail DLIMCOM-EGrafenwoehrMPD-Passports@eur.army.mil.

Birth & Tourist passports

The Grafenwoehr Passport Office, in conjunction with the U.S. Consulate in Frankfurt, will be accepting Report of Birth & Tourist Passport applications, July 29, from 9:30 a.m.-2 p.m., at Rose Barracks, Bldg. 134

Representatives from DHS, USCIS, immigrant visas, social security administration and veterans' benefits will also be available.

For more information, contact the Grafenwoehr Passport Office at DSN 475-8699, CIV 09641-83-8699, or by e-mail at DLIMCOM-EGrafenwoehrMPD-Passports@eur.army.mil.

"Sex Signals" show

"Sex Signals," the Army's interactive sexual assault prevention training program geared toward Soldiers, civilians and family members 18 years and older. The show, originally scheduled for April, was postponed due to the volcano eruption in Iceland.

The show combines improvisation, humor, and audience participation to engage audiences in an honest discussion about the otherwise difficult and serious matter of sexual assault and sexual harassment.

This is the second year the Sex Signals show is touring Germany.

"Sex Signals" is scheduled for the specified audiences in the following communities:

- July 22 -- Hohenfels, 9 a.m. and 1:30 p.m. (Soldiers)
- Aug. 4 -- Schweinfurt, 8 a.m. (Soldiers); 10 a.m. and 1:30 p.m. (all)
- Aug. 5 -- Grafenwoehr/Vilseck 9:30 a.m.; 1:15 p.m.; and 3:30 p.m. (All)
- Aug. 6 -- Ansbach, 9:30 a.m. and 1:30 p.m. (All)

Blue Star Card

Family and Morale Welfare and Recreation is implementing a new program for Army spouses and families of deployed Soldiers. The Blue Star Card offers discounts and free services in participating Family & MWR facilities, (i.e. discounts on ODR equipment or free child care for monthly FRG meetings). Eligible for enrollment are spouses of Army combat deployed active duty/ Reserve/National Guard Soldiers or DA civilian employees stationed here in USAG Grafenwoehr.

Contact Parent Central Services located on Main Post, Bldg. 244 and on Rose Barracks, Bldg. 224 to sign up, call DSN 475-6656 or 476-2760, or visit www.facebook.com/GrafenwoehrMWR, or twitter.com/GrafenwoehrMWR.

German-American Choir

"The Encores" is looking for singers. Anyone who likes singing is welcome (e. g. gospels, musicals - at the moment "Mamma Mia"/ABBA). Rehearsal is every Wednesday (except holiday season) at 6:30 p.m. at the "Evang. Gemeindehaus," Martin-Luther-Strasse 4 (next to gate 1). If you are interested, stop by for a visit. We are looking forward to it. For more, contact Ingrid Knodt at 09641-836349 or 09641-4756349.

Red Cross classes

The American Red Cross is offering the following classes in July and Aug.: July 30, Babysitting; Aug. 6-8, Wilderness First Aid; and Aug. 10, CPR and First Aid. Contact the Vilseck Red Cross at DSN 476-1760, CIV 09662-83-1760 for details.

Customs Office changes

Garmisch: Bldg. 209 MP Station; DSN 440-3601, CIV 08821-750-3601 Tue-Fri, 1-4 p.m.

Grafenwoehr: Bldg. 621, Rm 101 DSN: 475-7249/8901 CIV: 09641-83-7249/8901; Mon-Fri, 9 a.m.-noon and 1-3 p.m.

Hohenfels: Bldg. 10, Rm. 118; DSN 466-2012, CIV 09472-83-2012 Mon - Fri, 8 a.m.-noon and 1-4 p.m.

Schweinfurt: Bldg. 64 on Conn Barracks; DSN 353-8847/8846, CIV 09721-96-8847/8846; Mon-Fri, 8 a.m.-noon and 12:30-3:30 p.m.

Ansbach: Bldg. 5254, Room 316, Barton Barracks; DSN 468-7842 CIV: 0981-183-7842; Mon-Fri, 8 a.m.-4 p.m.

Hohenfels Briefs

D.L. Hughley comedy show

Comedy's hardest working funnyman, D.L. Hughley, is the real deal and he's coming to USAG Hohenfels, Aug. 8. The comedian, actor and host of HBO's "Kings of Comedy" will perform a free show at the Festplatz for mature audiences. The doors will open at 5:30 p.m.; the show starts at 6:30 p.m. For more, call DSN 466-2060, CIV 09472-83-2060.

Retirement ceremony

The Hohenfels community will host a retirement ceremony for Soldiers and civilian employees from the Hohenfels and Grafenwoehr communities, 4 p.m., Aug. 18, in the Post Theater, Bldg. 3. All members of the community are invited to attend to show support for the participants' long service to the United States.

Bunco

Win great prizes, meet new friends and sample great food and beverage specials at Bunco night at the Zone, July 23. The cost is \$10 per person which includes a light buffet. The doors will open at 5:30 p.m. and the game will start at 6:30 p.m. Registration is recommended. Prizes will be given for most losses, most wins and most buncos. Sign up online at <https://webtrac.mwr.army.mil/sites/eu.html>. For more, DSN 466-2060, CIV 09472-83-2060.

Texas Hold'em

Go all in at this month's Texas Hold'em night at the Zone, July 23. The registration fee is \$25 and will include a light buffet. Registration is recommended. All customers can register at Outdoor Recreation, Bldg. H15, or online at <https://webtrac.mwr.army.mil/sites/eu.html>. The doors will open at the Zone at 5:30 p.m. and the game will begin at 6:30 p.m. There will be unlimited rebuys until 9:30 p.m. For more, call DSN 466-2060, CIV 09472-83-2060.

Dresden, Germany

Explore one of Germany's most interesting cities with ITR, July 31. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 4:30 a.m. and return to Hohenfels at 9:30 p.m. The cost is \$70 per person and includes roundtrip transportation. Seating is limited to the first 50 people. Call DSN 466-2060, CIV 09472-83-2060, to reserve your seat.

Canyoning & rafting

Come along for one of the most thrilling and scenic outdoor adventures of the summer: canyoning and white water rafting, July 31. The trip will include skilled guides and the latest equipment so you can enjoy hiking, climbing, jumping and swimming your way through the day. Register by July 23. The price is \$150 per person and includes transportation, equipment and instruction. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 5:30 a.m. and will return at midnight. Call DSN 466-2060, CIV 09472-83-2060 to reserve your seat.

Unit-level flag football

Sports and Fitness is looking for teams to participate in the upcoming unit level flag football program. Register your team by Aug. 9 to participate in the league which will begin on Aug. 10. For more, call Family and MWR Sports and Fitness at DSN 466-2883/2868, CIV 09472-83-2883/2868, or stop by the Post Gym, Bldg. 88, for a letter of intent.

Soccer registration

Sports and Fitness is looking for players to join the community soccer team. If you are interested in representing USAG Hohenfels in the upcoming season, stop by the Post Gym, Bldg. 88, and sign up by Aug. 9. For more, call Sports and Fitness at DSN 466-2883/2868, CIV 09472-83-2883-2868.

Softball championships

Come out and support your favorite team at the Unit Level Softball Championships at the Sportsplatz, July 26-29, beginning at 6 p.m. The top two military teams from Hohenfels will advance to the Installation management Command-Europe Unit Level Softball Championships, Aug. 12-15, in Kaiserslautern, Germany.

Flag football official's clinic

The flag football official's clinic will be held at the Post Gym, Aug. 2-5, beginning nightly at 6 p.m. Sports and Fitness is currently looking for officials of all skill levels to officiate unit-level flag football games. Along with many other aspects of becoming an official, you will learn about the rules and mechanics of officiating flag football. The clinic is free for all participants. For more, stop by the Post Gym, Bldg. 88, or call DSN 466-2883/2868, CIV 09472-83-2883-2868.

Flag Football preseason

Sports and Fitness will conduct their pre-season flag football tournament, Aug. 5-6, to certify our officials for the upcoming unit-level flag football season. For more, call DSN 466-2868/2883, CIV 09472-83-2868/2883.

Football, cheerleading camps

Child, Youth and School Services will offer camps, field trips, sports and activities all summer long for children of all ages. Tackle football and cheerleading camp for children 9 to 15 years old will be July 30-31. To register your child with CYSS, contact Parent Central Services, Bldg. 10, at DSN 466-2078, CIV 09472-83-2078, or check online with Webtrac, <https://webtrac.mwr.army.mil/webtrac/Hohenfelscysm.html>.

Parent's Night Out

Take advantage of the extended care offered by Child, Youth and School Services. Children 6-weeks-old through kindergarten who are registered with Parent Central Services are eligible to come to the CDC, Bldg. 111, July 23, between 6:30-11:30 p.m. for extended care. The price is \$20 per child. For more, call DSN 466-2078, CIV 09472-83-2078.

Garmisch Briefs

Zugspitze

July 24-25: At 2,966 meters, Germany's highest peak is 2,200 meters higher than Garmisch! We will get there in two days. Starting at the Partnachklamm, we hike up through the stunning Reintal valley. We will stay at the Reintalangerhuetten, in the morning we will be serenaded with Zither music! Sunday we climb to the Zugspitzplatt glacier. Get a great lunch or scale the harrowing "Klettersteig" to the cross. (this trip is repeated Sept. 11-12) Cost: \$149.

Schachen Overnight

Aug. 28-29: Overnight hike to the Schachen, the king's house built by Ludwig II of Bavaria and the least known of

his palaces. Often described as a hunting lodge, Ludwig never used it for this purpose, instead utilizing it for birthday and anniversary celebrations. Cost: \$149.

Erdinger Therme

July 31: Water is extremely therapeutic, relaxing, calming, exhilarating, and lots of good fun at the Erdinger Therme. Sign up as soon as possible. Cost: \$15 for transportation only.

D.L. Hughley

Aug. 8: Transportation to Hohenfels to see comedian D.L. Hughley in concert. Concert is free of charge. Cost: \$15.

Urbino Long Weekend

Sept. 3-6: Visit Urbino, a true Renaissance jewel and birthplace of Raphael and Bramante. See the ducal palace, commonly regarded as one of the best structures from the Renaissance period. Visit Perugia; home of some wonderful chocolate confections, take in the magnificent views (the main thoroughfare is grand and stylish) and the see wonderful architecture. Cost: \$475.

Top Chef Garda See

Oct. 8-11: Three nights on the lake-shore in beautiful Torri del Benaco with two days of cooking classes in a villa overlooking the lake plus wine tasting. Monday is market day - we head home stocking up on goodies and visit some vineyards on the South Tyrol Wine Road. A foodie extravaganza! Departs 5 p.m. Cost: \$575.

Unless noted, all events meet at the Pete Burke Center. For more on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638, CIV 08821-750-2638. Signup using the Garmisch MWR Online Services at <https://webtrac.mwr.army.mil/webtrac/Garmischretract.html>.

ACS classes and gatherings

Money Mondays: 11:30am-1 p.m. - a lunchtime series on financial management.

Fundamentals of English: 1-2:30 p.m. - learn English as a second language

Tuesdays: Playgroup: 10-11:30 a.m. at the Garmisch Chapel - for parents with children from 0-3-year-olds.

Conversational German: 9:30-11 a.m. Working Wednesdays: 1-2:30 p.m. - assistance for job seekers.

Thursday Stroller Walk: 10:30-11:30 a.m. - join active parents with their kids exploring the Garmisch community.

All take place or meet at the Garmisch Army Community Service Center (Artillery Kaserne, Bldg. 203, Rm. 6) unless stated otherwise.

For more call DSN 440-3777, CIV 08821-750-3777, or e-mail them at Garmisch.FMWRacs@eur.army.mil.

30 July - 1 August

Camp Kasserine Grafenwoehr

- Live Music
- Beer Tents
- Family Day
- Carnival Rides
- Delicious Food
- AFN Live Broadcast
- Military Vehicle Display

30 July

11 a.m. Opening Ceremonies

11 a.m. Family Day (all day REDUCED prices on rides)

11 a.m. - 2 p.m. Traditional German Band, Beer Tent

11 a.m. - 7 p.m. DJ Variety Music, Family & MWR Tent

2 - 4 p.m. Karaoke, Family & MWR Tent

6 p.m. - midnight Traditional German Band, Beer Tent

8 p.m. - midnight Live Band "Hot Staff", Family & MWR Tent

31 July

11 a.m. Fest Opens

11 a.m. - 7 p.m. DJ Variety Music, Family & MWR Tent

12:30 p.m. - 5:30 p.m. Traditional German Band, Beer Tent

3 - 6 p.m. Karaoke, Family & MWR Tent

6 p.m. - midnight Traditional German Band, Beer Tent

7 p.m. - midnight Live Band "AMOKOMA" Funk and Soul, Family & MWR Tent

1 August

11 a.m. Fest Opens

11 a.m. - 7 p.m. DJ Variety Music, Family & MWR Tent

noon - 10 p.m. Traditional German Band, Beer Tent

2 - 5 p.m. Karaoke, Family & MWR Tent

6 - 9 p.m. Live Band "Texas Rooster" Country, Family & MWR Tent

ARMED FORCES ENTERTAINMENT PRESENTS

D.L. HUGHLEY

COMEDY'S REAL D.L.

D.L. Hughley's extraordinary résumé includes his own ABC sitcom, hosting HBO's *Kings of Comedy* and numerous big-screen acting roles. Comedy's hardest working funnyman, D.L. is the real deal. For information, check out featured performers at www.armedforcesentertainment.com/dlhughley.htm.

Aug. 8, 2010 at USAG Hohenfels
Door Open at 5:30 p.m. at the Festplatz
Call DSN 466-2060 For More Info

What’s Happening

Ansbach Briefs

Trip to Europa Park

Join the Katterbach Outdoor Recreation Center, Aug. 7, as they travel to Europa Park. Take a walk through European history at the park.

Ride the Alpine Coaster as it takes you through the mountains. The blue fire megacoaster takes you on a heart stopping ride when it launches. Balthasar Castle is complete with moat. Ride the spinning gondolas while they travel at 80 kmp. Take the Eurosat, roller coaster, as it travels through space. Go fjord-rafting through a roaring mountain torrent. Wind down in one of the many restaurants serving specialties from the different countries represented at Europa Park. In the Children’s World take a ride on a fishing cutter, and climb the stairs at a lighthouse, the Viking Village features a giant slide and climbing walls. Adventure playground offers a pool and water games. All of this and more is available at the Europa Park.

Admission fees: adults €34; children (4-11 years of age) €30; for children under 4 years of age admission is free. Cost: \$49 adults/\$29 children for transportation only.

Call Katterbach Outdoor Recreation Center at DSN 467-3225, CIV 09802-83-3225.

Visit the Czech Republic

The Katterbach Outdoor Recreation Center is planning a trip to Cesky Krumlov in the Czech Republic, July 24.

Visit this beautiful city located in the South Bohemian Region of the Czech Republic best known for fine architecture and art of the historic old town and Český Krumlov Castle.

Enjoy a traditional wooden raft ride down the Vltava River, a great way to see the historical center of Cesky Krumlov. Price of \$149 pays for transportation, with one overnight, breakfast and guided river raft cruise.

Call Katterbach Outdoor Recreation Center at DSN 467-3225, CIV 09802-83-3225.

Klassik Open Air

July 25 and Aug. 7, starting at 8 p.m. In the year 2000, Nuremberg celebrated its 950th anniversary with open air classical concerts in the Luitpoldhain. This was one of the nicest birthday presents the city gave to its citizens.

Meanwhile, these concerts continue still today with fabulous performances

from both the Nuremberg Philharmonic and Nuremberg Symphonic orchestras — a fixture in the summer calendar of events.

Twice a year, over 50,000 music fans of all ages and from all walks of life, wander out to the park in the summer, for the classic open-air and a picnic in the park. This is a free event at the Luitpoldhain, in Nuremberg.

Bardentreffen

July 30-Aug. 1, (singer songwriter festival) in Nuremberg. Every year, Germany’s biggest world music and singer songwriter festival attracts over 200,000 visitors to Nuremberg during the first weekend of the Bavarian summer holidays.

For three days, this classic free outdoor festival offers an exciting musical program on seven stages, featuring international musicians, both famous greats and interesting new discoveries. For more, visit www.bardentreffen.de/english.

Tucher Spectaculum

Aug. 6-8, Tucher Spectaculum (Tucher Knight Games). Catapult straight into the middle ages when you venture into the Nuremberg city moat at Hallertor! Merchants, craftsmen, travelling entertainers, beautiful handmaidens, witches and villains mingle on this colorful market place, taking visitors on a journey back in time. Knights’ tournaments held on all three days are the highlight of this extravaganza.

Take your pick

The Katterbach ACS sponsors two train trips, July 29. Join the group headed west from Ansbach and visit the historic jewel of Rothenburg ob der Tauber. As you wander through the town you will see houses built in the 15th and 16th century. One of the most famous Christmas stores (Kaethe Wohlfahrt) has three locations in the town. Rothenburg is home to one of the most photographed corners in Germany – the Spitalgasse. A specialty of the town is the Sneebeil, a fried pastry coated with sugary coverings. Also located in Rothenburg is the Criminal Museum, where you will find instruments of torture on display.

Or, take the train heading east and visit Nuremberg. Nuremberg’s many sights make sure that no visitor will be bored. The Germanische Nationalmuseum, Albrecht Duerer’s House, the New Museum for Art and Design are a few of the over 30 museums which offer exhibitions on a wide variety of topics.

Those who prefer open-air exploration may take a look at some of Nurem-

berg’s many historical buildings. The imperial castle is particularly impressive. From 1050 until 1571 all emperors of the Holy Roman Empire of the German Nation lived at the imperial castle at times. Nuremberg’s churches and fountains are also well worth a visit. All those who are curious for more, can visit the “Tiergarten” one of Europe’s most beautifully landscaped zoos, the Planetarium, the State Theatre and Opera and many fascinating small theatres.

Call the Katterbach ACS at DSN 467-2883, CIV 09802-83-2883 to find out more about these trips.

Schweinfurt Briefs

Community and contact info

For more information on the latest news, upcoming events, available services and resources, or to find the right point of contact for your concern, visit us at www.TeamSchweinfurt.com.

Meet author Judy Sierra

Award winning children’s author and storyteller Judy Sierra visits Ledward Library, July 21, 5:45-8 p.m. Everyone is invited to attend the readings and talk to the author personally.

Also, Ledward Library offers various programs regularly, including Children’s Story Time & Crafts, Zeens for Teens & Edge Meetings always Wednesdays, times may vary. Furthermore, a Soldier In-Processing Class is held Wednesday at 9:30 a.m.

For more, call DSN 354-1740, CIV 09721-96-1740.

Babysitting Course

4-H / Army Child, Youth and School Services offers a babysitting course for youth in grades six to 12, July 26-27 at the Schweinfurt Youth Center, 8 a.m.-4 p.m.

The program teaches key life skills and trains how to provide age-appropriate care and assess potentially dangerous situations. Participants have to be registered with CYSS. For more, call DSN 354-6414, CIV 09721-96-6414.

Technology Exposition

Everyone’s invited to attend the technology exposition hosted by the 44th ESB, July 27, 10 a.m.-2 p.m., at the Conn Community Center on Conn Barracks, Bldg. 90.

Learn about the latest gadgets and advances to Army technology from over 50 exhibitions. Refreshments will be served and giveaways will be available while supplies last. Admission to the exhibit is free for all.

Book Club

The Ledward Library invites you to their next Book Club meeting, July 28 at 5:15 p.m. The book featured will be “Freakonomics” by Steven D. Levitt. Levitt was chosen as one of Time Magazine’s “100 People Who Shape Our World” in 2006. Enjoy coffee, tea and treats. For more, call DSN 354-1740, CIV 09721-96-1740.

Teen Stress Buster

Teens are invited to release some tension during the Teen Summer Stress Buster organized by ACS, July 29, at Kessler Field, 9 a.m.-3 p.m. The program offers mini-workshops discussing subjects as healthy relationships, a hands-on self defense class and more.

The free program also includes a free barbecue lunch and outdoor fun activities, like a climbing wall, a dunking tank and a sticky wall. Teens can register on site. For more, call DSN 354-6933, CIV 09721-96-6933.

Organizational Day

USAG Schweinfurt’s organizational day will be held July 30 and is open to all garrison personnel. Please keep in mind various offices will be closed or will be providing limited services.

For more information, call DSN 354-1340, CIV 09721-96-1340.

ODR trips & fishing license

Outdoor Recreation offers various trips and programs for all community members. Join their trip to Rothenburg to discover this one of a kind medieval town and the local crime museum, July

31, or visit the Geiselwind Amusement Park, Bavaria’s leading amusement park featuring rides, shows and more entertainment, Aug. 14.

Enjoy fishing, but dread the process of obtaining a fishing license here in Germany? ODR walks you through the process in easy steps with their 30-hour fishing license course, starting Aug. 20. For more, call DSN 353-8080, CIV 09721-96-8080.

Arts & Crafts

The Arts & Crafts studio located on Ledward Barracks, Bldg. 203 will be closed now through Aug. 3. Regular hours will resume Aug. 4, 1-9 p.m.

For more, call DSN 354-6903, CIV 09721-966903.

BOSS events

The award-winning Better Opportunities for Single Soldiers program offers numerous programs monthly.

Join them for a movie night Tuesdays at 6 p.m. Bring your own movie, or watch one from their collection. Show your skills in pool, Xbox, Wii, PS3 and more and compete in the BOSS Tournament Nights, every Thursday starting at 6 p.m. All events are held at the Finney Recreation Center on Conn Barracks, Bldg. 64.

For more information or a complete list of upcoming events, call DSN 353-8234, CIV 09721-96-8234.

See D.L. Hughley

Jump on board with BOSS and enjoy some stand-up comedy featuring stand-up comedian D.L. Hughley, best known for his part in the Original Kings of Comedy, Aug. 8.

A bus will depart for Hohenfels at 2 p.m. The trip is open to all adults in the community and costs \$25. For more, call DSN 354-8234, CIV 09721-96-8234.

Operation Rising Star

Sign up now through Aug. 11 to compete in Operation Rising Star, an American Idol style singing competition, running August 13, 20 and 27 at the Conn Community Club to compete for cash prizes and win a once-in-a-lifetime opportunity, allowing you to record a demo CD and take your shot at stardom.

For more, call DSN 354-6225, CIV 09721-96-6225 or 0162-296-2776.

Food Handlers Class

Take the food handlers class, Aug. 19, from 1:30 to 2:30 p.m. at the Yellow Ribbon Room to receive your food handlers’ certification – a requirement if you are serving prepared foods to the public.

Space is limited. For more or to sign up, call DSN 476-2041/2138, CIV 09662-83-2041/2138.

Splash Bash

Family and Morale, Welfare and Recreation presents “Splash Bash III,” Aug. 21, at Askren Manor, noon to 8 p.m. The event features live music by the Donny Vox Band, and following water attractions: water slide, splash pool, Willy the Whale, dolphin bounce and a play house. Come join the fun and also enter in their limbo and hula hoop contests.

For more, call DSN 354-6605, CIV 09721-96-6605.

Apologetics – Defending God

Ledward Chapel offers a special adult seminar and also a children’s program for first to fifth grade, Aug. 23-25. Both programs are free and include lunch.

Free child care for children 4 years and under is available, but must be reserved prior to the event.

For more on the adult program, call DSN 354-6021, CIV 09721-96-6021, for more on the youth program and to make your reservation for child care, call DSN 354-6860, CIV 09721-96-6860.

Car Boot Sale, Flea Market

Ledward Library hosts their first Car Boot Sale and Flea Market, at the parking lot outside the library building, Aug. 21, 10 a.m. - 4:30 p.m.

Load up your trunk, park at the library and sell your “stuff.” See the library staff in advance to reserve your slot, because spaces are limited. For more, call DSN 354-1740, CIV 09721-96-1740.

Infant Massage

SKIES offers two 5-week infant massage classes for parents of newborns up to 12 months of age for \$35. Group I meets every Tuesday, starting Aug. 24, Group II meets every Wednesday, starting Aug. 25, with each meeting being held 10-11:30 a.m. For more, call DSN 354-6517, CIV 09721-96-6517.

European Seminar

The Bavarian State Government sponsors the 29th annual European Seminar, Nov. 17-18, near Bamberg, focusing on security issues of the Trans-Atlantic partnership.

The seminar is geared toward field grade officers (but not limited to) and their civilian counterparts stationed in Bavaria. Space is limited and nominees will be selected on a first come, first served basis. For more, call 089-2805583/84 or 0171-3076906.

USAG Schweinfurt

Fall Sports Registration

Mon, July 19-Fri, Aug 27

Flag Football:

Open to ages 10-12 & 13-15

Cost: \$36

Cheerleading:

Open to ages 10-12 & 13-15

Cost: \$36

Soccer:

Ages 3-5 (Cost: \$25)

Ages 6-18 (Cost: \$36)

Participants must have current

CYSS Registration & Sports Physical

Parent Central Services

Mon-Fri, 8 a.m.-5 p.m.

Ledward Barracks, Bldg. 224

09721-96-6517/DSN 354-6517

Rock & Roll Summer Camp

Day Camp for Kindergarten-Grade 12

Now through August 27

SIGN-UP INFO:

Children/youth must be registered with CYS Services.

Ask about summer camp fees, weekly schedules, etc.

USAG SCHWEINFURT

Parent Central Services

Mon-Fri, 8 a.m.-5 p.m.

09721-96-6517/354-6517

Field Trips

Sports

Music

Movies

Friends

Swiss brewery has impressive bier vision



Some of the Brewery of the Month brew crew waits outside of BierVision Monstein. The boiler room is behind the large glass window. Guide Tom Creley got the group to the Swiss village a half hour ahead of schedule despite two breaks, border delays and a forgotten passport.

Although small, this Swiss community puts out an impressive product

Story and photos by
John Reese

USAG Garmisch Public Affairs

A visit to the Monsteiner Brewery near Davos, Switzerland, was half a day in a bus to and from the tiny village with a tour of the world's (or at least Europe's) highest altitude brewery in the middle, and a bonus shopping stop in Vaduz, a small city that sums up the equally tiny country of Lichtenstein, toward the end.

The trip as envisioned by Brewery of the Month founder Jay Proctor, Garmisch Outdoor Recreation, came to pass without Proctor due to his change of station about a month before the tour took place. This was the first BOM adventure sans Proctor and his passion for the craft of brewing; he'll now be creating similar educational brewing adventures for K-Town's ODR.

The task of driver/tour guide was competently filled by Tom Creley, Garmisch's Alpine expert specializing in tours and bicycles. Creley was a participant of earlier BOM tours and on this trip was aided by Proctor's "Cliffs Notes" containing concise directions and extensive brewery notes. Aided by a fast-pass sensor box to electronically pay the Austrian autobahn tolls, Creley took a small bus full of brewing enthusiasts from across Germany and set forth.

Creley's flawless navigation delivered the BOM crew to Monstein a half-hour early despite strict obedience to speed limits, two pit stops, a customs delay entering Switzerland and a 30-minute delay to retrieve a forgotten passport (Swiss customs questioned the bus twice that day, first coming from Austria and later on the return from Lichtenstein.) The drive took place during exceptionally good weather that also brought out scores of motorcyclists enjoying the hairpin turns.

"The road will get very windy, very twisty," warned Creley as he navigated a steep hill. "I brought along air sickness bags just in case." Fortunately, no reversals were suffered before or after lunch.

Brewery hostess Claudia Hintermeister met the group and conducted a brief tour of Monstein, a village perched high

on such a steep mountain that it looked like an Escher drawing. She pointed out the ancient church and a newer one built just a couple hundred years ago to accommodate the new steeple bell, which didn't fit into the original church.

"The walk down the hill for the talk about the village is mostly to build up your thirst before we began the tour," said Hintermeister, leading the group into the smallest brewery any in the group had ever seen.

BierVision Monstein formed about 10 years ago and began operations June 6, 2001, in what used to be the village dairy. The large, 100-year-old dairy had been vacant for a decade or two before a group of investors pooled together to create the brewery, the first brewery in the canton (think state) of Graubunden.

"Our beer is bio," said Hintermeister, meaning it's organic. "We use everything here, and everything you'll have today to eat and drink is connected to our brewing

tant for the brewing process."

Touring the little brewery from the cellar to the second floor didn't take long. After walking the group through the steps from roasting the barley to a bottling plant not much bigger than a two-car garage, the group descended into the cellar. About the size of a small bedroom, the cellar walls were lined with employee steins hanging on pegs. A tall, round table without chairs dominated the room. Crowded around the table for sale were assorted logo merchandise, bottles of beer schnapps and beer pancake syrup, a tree of the beer cheese which looked uncannily like coconuts, an experimental stack of kegs aging a single malt whiskey made from brewing remnants, and the pièce de résistance: a line of taps for all of Monsteiner's products.

"You may have as much as you like," offered Hintermeister, adding that the employees all drink their fill.

The BOM crew took up stations around the table to sample the different brews, each of which was excellent. For Creley and two teetotalers it was nonalcoholic fizzy lemonade that looked like beer. Being an educational tour, all of the participants were responsible adults who were there for the experience, not to swill with a long bus ride ahead. Most in the group purchased samples to take home.

The stopover in Vaduz, Lichtenstein, the sixth smallest independent country in the world, went very fast. The country is basically a mountain with one small city. It's been without an army since the end of the Austro-Prussian War in 1866, and the last Lichtenstein soldier passed away in 1935. The country runs on Swiss francs but, like Switzerland, had no problem accepting euros. Unless you're a serious shopper of high-end merchandise or planning to tour the castle, you'll see most of Vaduz in about an hour.

The return trip included some of the longest tunnels in Europe, including Austria's longest, the surreal 8.7-mile Arlberg Road Tunnel that goes on and on. It was a much faster alternative to the switchbacks and snowy, high altitude passes of the morning, if a little claustrophobic.

And another unique Garmisch BOM trip ended where it began at the Pete Burke Center. Check the Garmisch section of the What's Happening pages in this Bavarian News to read about the next adventure.

The mountain water here is very soft. That's important for the brewing process.

Claudia Hintermeister
Monstein Brewery hostess

processes."

The plates of cold cuts, cheeses and breads served later with the beer tasting all had a part of the brewing process in them. The local livestock farmers and the village dairy and bakery used processed barley leftover after brewing to feed animals; the grain and beer added character and flavor to the brewer's cheese; processed grain added texture to the yeast bread. There was a chocolate, too, but it was unclear how the brewing remnants were ingredients.

"The hops that give all beers their necessary bitterness are also grown locally," said Hintermeister (although the brewery's website mentions American hops and a large graphic of a German hops distributor was on the wall in the grain room).

"The mountain water here is very soft," said Hintermeister. "That's impor-



This is the bottling plant, as small as the rest of the operation. The rest of the first floor of the former dairy holds the copper boilers.



The first step in brewing is the malting process, where the barley is made ready for cooking. Here Alfonso Martinez of Bogota, Colombia, crunches on grains offered by brewery employee Claudia Hintermeister.

Website provides social media OPSEC tools

Story and photo by
Kristin Bradley
USAG Hohenfels Public Affairs

Once available only to students at select colleges and universities, Facebook has now grown into a worldwide network used for much more than social interaction.

Even U.S. Army Garrison Hohenfels has its own page where nearly 1,000 fans use the site to connect with old and new friends, get the latest information on local events and even ask questions of the command and other users about life in Hohenfels.

With such a variety of uses and users, it is easy to see the many advantages the outlet provides, however along with the benefits, garrison officials said Facebook and its many social media relatives such as Twitter, MySpace and blog sites also bring with them the potential for harm.

"Social media is a good way to communicate with others and the Army knows that but you need to be aware of what information you're giving out," said Peter Suh, USAG Hohenfels operational security officer.

To educate the Hohenfels community about operational security both online and elsewhere, the garrison recently created a Facebook page dedicated solely to OPSEC. Suh said users can find the page by searching "U.S. Army Garrison Hohenfels OPSEC." Once there, community members can get information and updates as well as receive answers to their OPSEC questions from garrison officials.

Though the OPSEC Facebook page is a new method of communication, the message of caution is certainly not a new one. By now, most people have heard the litany of warnings about social media: be careful what you post and be careful who can see it because you don't necessarily want your boss (current or future) to see those pictures of you from last weekend's bachelorette party.

But for anyone associated with the military—be they a Soldier, spouse, parent, child, civilian employee or just a friend—the consequences of posting the wrong thing go beyond a scolding from your mother when she catches a glimpse of your new (supposed to be secret) tattoo, and it is easier than you may think to give out sensitive information.

Garrison operational security and anti-terrorism officials said they have seen posts by Hohenfels community members that frequently reveal deployment dates and redeployment countdowns, information about units training at the Joint Multinational Readiness Center, photos of off-post housing, personal addresses and contact information, updates about when a person or their spouse will be out of town and other potentially dangerous information.

That sort of information can put individuals at risk of being targets of identity theft or other crimes and can also put the unit or community at risk of being targeted by terrorists or other adversaries, said Jerry Hollo, USAG Hohenfels antiterrorism officer.

"When someone is going to do harm to an installation, the first thing they're going to do is look for open information," said Hollo, who estimated that 80 percent of all potentially useful intelligence is unclassified.



Peter Suh, U.S. Army Garrison Hohenfels operational security officer, works on the new U.S. Army Garrison Hohenfels OPSEC Facebook page. Facebook users can visit the page to get more information about the dos and don'ts of online operational security.

"Depending on what kind of adversary I am, I can find information and use it against them (the social media user) to suit my needs," said Hollo. That could include anyone from identity thieves and scammers to burglars looking for an easy target or even terrorists.

For example, a deployed Soldier who posts a photo of himself for his family may also inadvertently give a terrorist valuable information about his base and his unit. A spouse who posts a message counting down the days until her husband returns gives an adversary valuable information about his unit's location and future plans. A child who posts information on an upcoming family vacation tells the world the dates his house will be empty.

"The bottom line is these people can get a lot from simple bits of information you don't think are a big deal," said Suh. "People are going on these sites to get this information."

Keeping such information out of the public sphere is possible with just a little effort and thought, said Suh, and it starts with knowing who can see the information you post.

To begin with, officials said users of any social media site should be aware of the privacy policy and should strictly set their privacy settings if possible.

Facebook's default privacy settings allow everyone to see your status, photos, posts, biographical information and relationship information. It allows friends of friends to see photos you are tagged in, your birth date and your religious and political views.

Both Hollo and Suh said they recommend changing all those settings so just friends have access and to beware of the "friends of friends" setting.

"Think about it: 'Friends of Friends' opens your information up to thousands of people you don't know," said Hollo.

Everyone has that kooky friend from high

school or a morally questionable relative and most people have friended someone they don't really know—imagine all their friends seeing where you live, when your spouse is away, what your house looks like, where you hang out, when a deployed unit is expected to return, etc. It is simply not a good idea, said Hollo.

And even after you have selected the most stringent privacy settings for all your accounts, treat your posts as if anyone can see them, just in case.

Facebook's own privacy policy even warns users that their communications may not be as private as they think.

According to the policy, (available online by clicking "Privacy" at the bottom of the page, then clicking "Read Our Privacy Policy") even after a user removes information from their profile or deletes their account, copies of that information may still remain viewable where it has been shared with others or copied or stored by other users. Also, certain types of communications, such as messages that users send to other users, cannot be removed.

In some cases, no matter how restrictive your settings are, information you post may still be seen by people you don't know: when you post information on another user's profile or comment on another user's post, that information is subject to the other user's privacy settings, which may be open to everyone.

At the end of the day, keeping your family and community safe is easy to do but requires that every person remain aware of the information they share with others, said Suh. It is not a difficult task, but one that all users must always practice vigilantly.

For more information about the dos and don'ts of operational security, visit the U.S. Army Garrison Hohenfels OPSEC site on Facebook or call the operational security officer at DSN 466-2603.

facebook Safety and Privacy

Keep your family and the community safe Facebook safety tips

- Make sure your privacy settings are set to "Only Friends." Keep some information, such as addresses and phone numbers, offline altogether.
- Before you post, assume anyone can see your message and think about how the information could be misused. Ensure posted information has no significant value to our enemies. When in doubt, don't post it.
- Do not post photos of off post housing or information about where military housing areas are located.
- Do not post information about unit movement, including deployment or redeployment dates, estimates or countdowns.
- Keep it in the past. Don't post upcoming plans that tell people your whereabouts at a certain time.
- Do not accept a friend request from someone you don't know.
- Report any hacking or phishing attempts to Facebook by clicking "Help" in the bottom right corner of the page.
- Become a fan of the Facebook Security site to see security updates in your news feed.

Step by step: Changing your Facebook privacy settings

- Click on "Privacy" in the very bottom right-hand corner of the page.
- Scroll all the way down and click "Privacy Settings."
- Make sure to click "Customize Settings" so you know exactly who can see each aspect of your page.
- One of the most important settings, controlling what people can see when they look for you using a search engine, is difficult to find. From the "Choose Your Privacy Settings" page, click "Edit Your Settings" under "Applications and websites" and choose "Edit Settings" in the "Public Search" section. Uncheck the "Enable Public Search" box.

Class helps couples build communication skills

by Kristin Bradley
USAG Hohenfels Public Affairs

Each Wednesday at U.S. Army Garrison Hohenfels, a group of couples gather in one of Army Community Service's cheerful meeting rooms. At almost 4 p.m., Priscilla Fleischer, the Family Advocacy Program manager at ACS and a licensed clinical social worker, walks in with an armful of snacks. As she passes the snacks around, the couples joke with each other, perhaps talking about the recently hot weather or the latest training rotation. They are at ease with each other: if not old friends, at least comfortable acquaintances.

Though the particular faces may change from week to week, each of the couples there on any given day is after one thing: to spend an hour connecting with their spouse during ACS's new Couple's

Communications class.

Fleischer said the class, which debuted June 9, follows a six-week curriculum that covers topics such as communication, problem solving, negotiation, conflict resolution, intimacy and sexuality, and reunion after deployment. It is designed to provide information and tools while allowing plenty of time for couples to discuss the week's topic with the group or just with each other.

For example, during the conflict resolution class, Fleischer spoke about how conflict is normal (and, to a degree, expected), about behaviors that intensify conflict, about the ground rules for disagreements and about strategies to help couple's work them. The group then shared some of their own experiences with conflict and each duo spent time discussing one of

their recent disagreements.

"The idea of doing this as a group class is so people can see they are not alone, that everybody argues, usually about the same things and in the same way. It helps to hear from other people and see how they are doing things, maybe get some ideas that will work for them," said Fleischer.

"If you open up and discuss these issues you get a lot of suggestions about how to solve them," said Staff Sgt. Arron Schille, who, along with his wife of six years, Leonie, said they attended the class to make their marriage even stronger, to do something out of their normal routine and reignite the fire in their relationship.

The Schilles said they were originally skeptical about the class and were pleasantly surprised to find it both informal and helpful, with an emphasis

on real-life strategies rather than abstract concepts.

"I was skeptical about it at first. I don't like going to classes that are too touchy-feely. We want to talk about real things and real issues and get real opinions," said Schille. "This is an open forum without the kids where we can just focus on and talk to each other in a very relaxed group."

Leonie Schille said spending that time together has been beneficial for their relationship.

"We've learned new skills to resolve old issues and coming here has pointed out things we need to work on," said Leonie Schille.

Instead of providing issue-specific therapy, Fleischer said she and the other instructor, one of the military and family life consultants, focus on helping the couples improve the way they communicate about

everything.

"I think coming in here they all thought their communication was really good. Most of us do. But none were really good at listening, as I am not and none of us are. We interrupt a lot," said Fleischer, who knows firsthand the trials of marriage. She and her second husband have been together for 30 years.

"All of us need to learn this stuff," Fleischer said. "No one knows how to do this automatically. And if you don't, pretty soon too much water is under the bridge and your marriage isn't happy. The goal is to help couples learn to listen better and communicate their own feelings more directly."

Both Fleischer and the Schilles said they think those types of skills, and classes that teach them, are especially important for military couples dealing with the added stress

of deployments and separation.

"We're at the point now where Soldiers have been downrange three and four and five times. That can be difficult on a marriage. And part of our job is prevention, so one of the goals is to help couples deal with issues before it becomes too much and turns into domestic violence," said Fleischer.

Fleischer said the six-week curriculum repeats itself continuously so couples may attend a class at any time or in any order, though she recommends that they complete all six. After a short hiatus due to the instructor's temporary duty schedule, the next six-week session will begin Aug. 3, at 4 p.m. at ACS, Building 10, and will discuss reunion after deployment. For more information, call ACS at DSN 466-4860, CIV 09472-83-4860.

Visit the U.S. Army Garrison Hohenfels webpage, www.hohenfels.army.mil, for up-to-date news, events, contact information and much more.

Slovenian soldiers train for Kosovo mission

Story and photo by
Sgt. Eddie Reyes

204th Public Affairs Detachment

As the gloomy skies and heavy rain fell over the town of Gjilan, the people of the local village became restless, not only because of the weather conditions, but because the local power company cut off their electricity despite each citizen paying the company 30 percent of their monthly income to ensure it was maintained. Needless to say, a riot broke out, and the town's local police was overwhelmed by the angry townsfolk.

Mock scenarios, such as the one described, are part of the principle training tools used by the Joint Multinational Readiness Center to bring realistic training to troops deploying in support of peace-keeping operations in Kosovo.

The latest multinational troops to participate in the civil disturbance lane was Company I of the 20th Infantry Battalion, a special Slovenian army unit composed of soldiers from different jobs and units from all over Slovenia.

The training mindset of the soldiers preparing for Kosovo is completely different from the mindset of troops preparing for Afghanistan or Iraq, Capt. Leon Johnston said, the officer in charge of the civilian disturbance training exercise.

"The people in the town start throwing rocks, putting up barriers



Slovenian soldiers from Company I, 20th Infantry Battalion, form a line to push back protestors from harming city officials during a civil disturbance training exercise, June 19, at the Joint Multinational Readiness Center. The Slovenians will take this new training with them to Kosovo.

and reacting to what the blue force team (Slovenian unit) does," Johnston said. "But unlike in Iraq or Afghanistan, they have to handle the situation differently because they are dealing with innocent civilians and not insurgents."

The training provides the Slovenian unit with exposure to escalation

of force tactics, negotiation engagements with the local populace and the proper handling procedures for prisoners, Johnston said.

During the start of the training mission, the local police call in the Slovenian unit to help calm the townsfolk

who are protesting against the power company. The Slovenian unit arrives and is able to neutralize the situation temporarily. Then, without warning, the people from the town turn violent and begin assaulting the Slovenian unit, which is then forced to call in its quick-reaction force. The QRF, suited

up in riot gear, shields and batons, proceeds to impose its presence on the people of the town.

The Slovenian unit forms a line to push back the protestors who are determined to harm the employees of the power company, local police and even the town's mayor. Cans of tear gas are used to disperse the crowd; meanwhile, civilians continuing their attacks are brought to the ground in handcuffs. In several instances, the civilians are able to surround the unit and wreak havoc, forcing the unit's leadership to think quickly on their feet.

"The hardest part of the training, and the most challenging, is trying to protect the line from two fronts," 2nd Lt. Petraska Krek said, a platoon leader for the Slovenian unit. "Being surrounded is tough, but is highly realistic. They (U.S. Army) have real-life experience, and all that knowledge comes together in this training."

For soldiers such as 1st Lt. Peter Zvonc, the company commander of the Slovenian unit, the hands-on experience gained in the new environment is the best way to challenge soldiers looking to obtain knowledge in tactics and procedures.

"It is a new experience for our troops, because our company has never worked in an environment like this, so we are really satisfied here in Hohenfels," Zvonc said. "We are doing our best, and so far no problems. I think the training will help us when we do the real mission in Kosovo."

JMRC upgrades, outsources construction projects



Pvt. Denby Thomas and Pfc. Christopher Rosario from the 1011th Engineer Detachment, 130th Engineer Battalion, Puerto Rico National Guard, unload concrete blocks from a truck to a military operations in urban terrain (MOUT) site at the Joint Multinational Readiness Center, June 6. The MOUT site is part of a plan by JMRC to upgrade its training center and help National Guard and Army Reserve units receive real-world experience for their fiscal year annual training.

Story and photo by
Sgt. Eddie Reyes

204th Public Affairs Detachment

The Joint Multinational Readiness Center is the premier training site for Soldiers and units in Europe to enhance and perfect their skills prior to deploying to peacekeeping and combat operations.

In order to maintain high-quality training facilities, JMRC leaders continuously upgrade training sites to match real-world conditions in places like Kosovo, Afghanistan and Iraq.

Seeking to conserve resources, JMRC leaders have been creative by outsourcing facility upgrade projects to National Guard and Army Reserve units on annual training.

The benefits are threefold: JMRC gets facility upgrades, National Guard and Army Reserve units receive valuable training and American taxpayers' dollars go farther.

Among dozens of units who have served at JMRC is the Puerto Rico National Guard's

1011th Engineer Detachment,

130th Engineer Battalion, which began work in late June on a military operations urban terrain site.

Comprised of heavy-equipment operators, electricians, plumbers and carpenters, the battalion has three platoons — two platoons stationed in Puerto Rico and a platoon located in St. Croix, U.S. Virgin Islands.

Among the unit's 80 Soldiers at JMRC is Alex Jimenez, the first sergeant of the 1011th Eng. Det., who is working and supervising finishing touches at the military operations in urban terrain (MOUT) site.

"Right now our job is to finish the outer walls of the MOUT site and raise them up to six feet, continue paving the main road leading up to the site, applying stucco and anything else that might need touching up or polish," Jimenez said.

"After we are done, this will become a mock Afghanistan village where Soldiers can practice their urban combat scenarios and tactics with the joint forces that are going

to Afghanistan and Kosovo," Jimenez said. "This is great, because it will let the international forces get a good feel for how the villages are in Afghanistan."

Depending on a commander's intent, an engineer detachment of 80 Soldiers can finish a MOUT site from start to finish in about 45 days, said Sgt. 1st Class Robert Richardson, a construction supervisor of the 1011th Eng. Det.

The hardest aspect of working on a project is digging through the large, solid rocks while laying the footing for the buildings, and lifting the 65-pound concrete blocks when they erect a wall, Richardson said.

In addition to dealing with the physical labor, Soldiers have to contend with the sun's heat hovering over them as they carry thousands of blocks from piles and stack them several meters away.

Pvt. Juan Munoz, a combat medic for the 1011th Eng. Det., knows firsthand how hard the engineer Soldiers work when they are exposed

to the elements.

Rain creates problems because it destroys materials, and delays certain aspects of the construction operation, Munoz said.

Heat is also another major concern, because the combination of hot weather and heavy lifting dehydrates Soldiers faster, making leadership focus on keeping Soldiers hydrated, Munoz said.

The elements help the Soldiers and leaders train their risk management skills, which in the long run will help Soldiers keep each other safe, Munoz added.

Despite the arduous conditions the Soldiers may face during the construction, the feeling of completing a difficult task is what the Soldiers care about.

"The supervisor role is a working supervisor role, not an office supervisor role," Richardson said.

"Everything we do is hard labor and hard work. But it is something we enjoy doing because we see the results of our efforts as soon as we finish."

Polish troops gain unique training experience at Hohenfels

Story and photo by
Pfc. Devin M. Wood

204th Public Affairs Detachment

Polish troops at the Joint Multinational Readiness Center conducted different training scenarios through June to prepare them to deploy in support of the Kosovo Force peace-keeping operation.

The JMRC gives deploying units a chance to train in scenarios that mimic the conditions of the operational environment they will face during their mobilization. With the use of state-of-the-art equipment and knowledge of experienced observer-controller trainers, units can put their tactics to trial in order to prepare themselves for future missions.

The multinational training offered at the JMRC gives coalition troops the opportunity to gain experience by dealing with issues such as language barriers and the different operational military tactics used by other countries.

"Overall it's a familiarization with the kind of missions they will be facing in Kosovo," said

Maj. Wayne Keeler, a JMRC observer-controller trainer.

The section of Hohenfels selected for the KFOR border patrol training scenario is constructed to mirror an actual situation in Kosovo. The opposing force Soldiers from the JMRC play the role of a Serbian border brigade working along the established border in a joint patrol with Polish Land Forces, just as they would in Kosovo, Keeler said.

In the border patrol exercise, Polish troops conducted a dismounted patrol along the "Serbian" border under the observation of both U.S. and Polish observer-controller trainers. Using land-navigation techniques, they made their way up hills and through wooded areas to different map points along the border, being careful not to cross into Serbian territory.

Once the patrol reached its destination successfully, an after-action review was conducted by the observer-controller trainers to discuss what went well, what went wrong and suggestions to improve for the next mission. The after-action review time gives the observer-controller



Polish soldiers conduct a dismounted border patrol scenario at the Joint Multinational Readiness Center.

trainers an opportunity to talk about their past experiences of what works and what doesn't while deployed.

Overall, the observer-controller trainers and the troops expressed satisfaction in the quality of training, and the way their units performed.

"My soldiers did an exceptional job and

mostly understood what was going on," said Capt. Jerzy Gwiazda-Rzetecki, a Polish observer-controller trainer. "This is good training and a good lesson for every Polish soldier that is here."

JMRC offered Polish troops a unique experience that left a lasting impression.

"This was a new experience for my soldiers and me," said Capt. Peter Skolmowski, commander of A Company, 13th Air Defense Regiment, Polish Land Forces. "This is our first time training outside of Poland. Some things are conducted the same by U.S. as in Poland, but it's good to see the different tactics."

Keeler said the great experiences are shared by all involved in the training at the JMRC.

"It's always a great privilege to have the opportunity to bring multinational partners and friends from around the European footprint and share with them the experiences we have in the process of helping develop them," said Keeler. "We learn a lot along the way ourselves so it's an awesome experience for everyone across the board."

Giving birth in Bavaria can be labor intensive

by Ronald H. Toland Jr.
USAG Ansbach Public Affairs

Having a child can be a life-changing experience; having a child while living overseas can add a level of difficulty to that experience for new parents.

"I have many parents telling me that the process is not that difficult," said Catherine Gehrau, community health nurse in Katterbach. Despite the process being a bit detailed and complex, she said the process shouldn't scare new parents.

"The key is organization," said Gehrau, who teaches classes twice a month on the procedure.

"My classes are divided into phases," she said, "the first being how to get the German birth certificate and what to do with it, and then enrollment in the proper military facility health care clinic systems."

Once those phases are complete, Gehrau said the next step is getting U.S. citizenship, social security cards, a U.S. birth certificate and a passport.

"Those are the two big pictures," she said. Gehrau said according to German law parents must prepare for a German birth certificate first.

"The German birth certificate does not give citizenship, it only states the child was born," she said.

"German law states that citizenship is basically inherited. Babies are only eligible for the citizenship that the parents have at the time of birth," she explained.

"The child is being born in a different country that has a different set of laws," she continued. "Essentially, the child is being born without citizenship and the parents have to obtain citizenship," she added.



"So that does not mean just because the child is born in Germany, the newborn is a German citizen. Unless one of the parents is a German citizen, the child is not a German citizen—a parent has to be a German citizen," she said.

But there is a caveat. "If you fall under the Status of Forces Agreement, you fall out of the German system, so that will not apply to people

in our community because our people fall under SOFA," she said. But in order for the child to obtain the proper certificates, parents must prepare for it and that means lots of paperwork.

Gehrau said parents will experience delays unless they follow the step-by-step process in order.

"A lot of times those steps are dependent on the step be-

fore it — you need to follow the process," she said. And part of the reason for all of this is that if parents have to request replacement certificates, it can be time consuming, depending on which state the parents are from, she said. Some of the main required paperwork for parents include: original or certified birth certificates of both parents; a marriage license, and depending on the location, it may need to be translated; and both parents must have a passport, but that is not the complete list.

"They need all this just to get the German birth certificate, but it is community specific," she said.

"Expect the unexpected — that is what I tell everyone in my classes," she said. "We are in Germany and cannot have the expectation that the Germans do the same things that

the Americans do."

The reason for these requirements is simple.

"We do not have the resources available here and we rely on the economy to provide these services," she said. "Everyone has to go on the economy to have their baby. In the class I not only teach about how to have a baby on the economy, but what to expect for prenatal care; what facilities are available; how to get a hospital tour; what support in the community is available, like new parent support and Red Cross assistance — they find out about all that at the classes," explained Gehrau.

Families planning to have "an addition" in the near future in the Ansbach area should call the Katterbach Health Clinic to sign up for the classes and find out all they need to know about giving birth in Bavaria.

Social networks pose risks for users

by Ronald H. Toland Jr.
USAG Ansbach Public Affairs

Social networking is not a new phenomenon — it has been around for thousands of years, just in a more infant state than it is today.

It fills a basic human need to interact and be part of a social group, especially today, in our busy lives and in business.

But what is online social networking?

Most of us might believe that it is a semiopen online medium that is fun to share and communicate, however, there are risks that all users need to know.

According to materials from Army Europe — Information Technology Training, social networking is defined as the grouping of individuals into specific groups, like small rural communities or a neighborhood subdivision.

Now, with social networking sites being the dominant medium and functioning like an online membership community of Internet users, millions of individuals seek to meet other like people to gather and share firsthand information with members who share common interests in hobbies, religion or politics ... and sensitive information.

"The reason the military made these sites available, is because of the communication aspect," said Elmer Fink, an information technology specialist with 69th Signal Battalion in Ansbach who recently attended a social networking awareness training class.

He said some sites are used for official blogging, such as the War College, where alumni can communicate about official subjects like military strategy, but the site may be semipublic.

"The military sees this as a good thing, like a big village or town hall meeting; a brainstorming type of communication via blogging," he said.

But there's a caveat.

"The Internet equals the real world and we have to be careful what is put out there," Fink said.

"When someone joins a social networking site, they first must create a profile and then begin to establish their network of friends, eliminating members that do not share common interests or goals. What people mostly need to do is educate themselves on the dos and don'ts of each website they may plan to join, and to really be aware of the risks," said Fink.

"Study their privacy statement or privacy policy — every site should have one. Look for it, then read and understand it," he said. "You might have to do some digging to find it, but if they do not have one, do not join because there



is a potential issue there," he said. "A good reputable site should have it

right up front where you can find it very easily."

According to the Army Europe information technology training materials, some of the dangers associated with social networking include data theft and viruses, which are on the rise, and the most prevalent danger is online predators or individuals who claim to be someone that they are not.

"I never put my name and information out there, mainly because of credit fraud," said Fink, adding this is one of the most common security breaches today.

But, when asked further about the dos and don'ts, he paused and said, "I think you should start with don'ts," and focus more heavily on them, but still shop around.

"The first thing users need to do is pick a reputable site that may have a good safety track record," he said. "The first thing I would do if I were setting up a site is consider my data safety, and if it is going to be an official site, that better be the first priority — sensitive information is just not to be put out there, or information that puts the military, DoD or government in general in a bad light."

But how can potential users be sure that what the sites inform them is safe and secure?

"You don't," said Fink. "That is just it — a lot of this is based on (user) trust; it is still a really grey area and we are still writing the rules of the road," he added. Fink said users are trusting those sites to handle their information properly; trusting to secure the information from hackers from misuse; but users have no way of really controlling how it is used.

However, he stressed that users should not join sites that propagate hate speech, racism, political or explicit-oriented sites.

"Safety and security of your data are the most important issues," said Fink. "The key is education — what you are allowed and not allowed to do, as well as awareness."

"The same precautions people take when meeting strangers, should be taken online when communicating with them. By being aware of your cyber-surroundings and who you are talking to, you should be able to safely enjoy social networking online. Use common sense and listen to your inner voice; it will tell you when something doesn't feel right about the online conversations taking place," he added.

WELCOME HOME HEROES



Photos by Ronald H. Toland Jr.

About 550 Soldiers from the 412th Aviation Support Battalion in Katterbach Kasserne arrived home this week after a seven-month deployment, as part of Task Force 12, in support of Operation Iraqi Freedom (OIF 10-12).

Anxious families and friends waited through intense heat, late and early hours and extended wait times in Hangar 3 on Katterbach Kasserne to witness the Soldiers' return. They greeted their loved ones dressed to the nines with made homemade welcome signs and balloons.

Old batteries produce toxic chemicals



Batteries that are thrown away produce most of the heavy metals — dangerous substances like lead, arsenic, zinc, cadmium, copper and mercury — that are found in household trash. These metals are toxic and can be harmful to humans and wildlife. When discarded batteries from our trash wind up in landfills, these dangerous metals can seep into the ground water and eventually into the food chain. So instead of throwing batteries in the trash, we should all take them to a toxic waste disposal area, if at all possible.



Toxic giant hogweed resurfaces on Kaserne

Story and photo by

John Reese

USAG Garmisch Public Affairs

Recent rains and camouflaged positions have allowed the insidious giant hogweed to reappear on post. One example spotted by a roads and grounds employee is as big as a tree and at the height of its potential to cause severe skin inflammations or blindness.

“We have found this plant here on post in the past years but in a smaller version, and I always coordinated with the Directorate of Public Works to have it removed,” said Safety Officer Andy Tuerk. “This time, hidden among the brush and watered, the plant grew like a mushroom!”

The plant is phototoxic, meaning that if its sap contacts a person’s skin and that person is exposed to sunlight or UV rays, his or her skin will turn red and itchy, then blister, and then burn to cause purple-black scars that can last for years.

“This plant can put you in the hospital,” warned Tuerk. “If you get just a tiny amount of sap in your eyes it can lead to temporary or permanent blindness.”

If you get just a tiny amount of sap in your eyes it can lead to temporary or permanent blindness.

Andy Tuerk

USAG Garmisch Safety Officer

It isn’t just the sap which makes removal of the plant so hazardous to the DPW crews that eradication has to be done in low sunlight, but also the leaves, roots, stems, and in the case of this crop of plants that reached maturity, the flowers. It was the crown of little white flowers that gave the giant hogweed’s position away near the Marshall Center student’s quarters and behind a storage facility behind the PX/commissary complex.

The weed is a problem in Germany, said Tuerk. The U.S. Secretary of Agriculture has declared it a federal noxious weed. Oddly, it was originally imported to western Europe as a decorative plant and was favored by beekeepers in France.

Now that the garrison is aware of the threat, DPW personnel in protective clothing and eye protection will get rid of them as soon as feasible. Meanwhile, children and pets shouldn’t get near these plants. Those who come into contact with any part of the plant should immediately wash with soap and water and keep the exposed skin out of sunlight. Residents are asked to immediately report any discoveries a patch of giant hogweed on post.



Using cover and concealment from surrounding vegetation, this specimen of *Heracleum mantegazzianum*, also known as giant hogweed or cow parsley, managed to grow rapidly to the point that it towers over Safety Officer Andy Tuerk. The stem of this pesky and dangerous plant is as thick as an arm and looks more like a tree trunk than a weed.

‘Chicken’ and flames at Kaltenberg



Photos by John Reese

No, those aren’t Klingons — those are medieval re-enactors at the Kaltenberger Ritterturnier (Knight’s Tournament) playing a flaming game of chicken, each gripping the burning end of the torch until the first one cries uncle. This was one of many sights greeting participants of a uniquely Garmisch FMWR Brewery of the Month trip, July 10. In addition to entrance to the castle grounds and attendance at the Arthurian legend jousting program, members of the sold-out tour got to sample the castle’s beers together with a hearty Bavarian meal.

Dogs get ‘run’ of Breitenau housing

Nala gets a drink from her human, Jose Huerta, at a thank you get together, July 6, for volunteers who installed a dog run in the Breitenau Housing Area. The garrison housing office supplied the fence and other materials for the new run, and volunteer residents from the housing area worked with Directorate of Public Works metal shop employee and project leader Daniel Maten to make it happen. The idea for a dog run was originally suggested at a town hall.

Photo by Doris Tyler



MP Corner



Courtesy photo

A German soldier takes aim with an American M-16 during a joint range training day hosted by USAG Garmisch military police.

MPs host range training and barbecue

by Staff Sgt. Jerame Stoffer

USAG Garmisch Directorate of Emergency Services

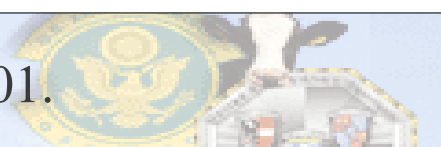
“If it isn’t raining, then we’re training.”

How many times have you heard that one? It wasn’t raining, July 10, and the Garmisch military police were on the range training. Only this time instead of fellow MPs or other Americans, they trained Bundeswehr soldiers from the NATO School in Oberammergau and from the Edelweiss Kaserne in Mittenwald, Germany.

The training was conducted at the range in Mittenwald. This isn’t the first time these particular Soldiers had been on the range together; it was the second part of a joint range. The Germans had hosted a range previously for the Americans to have a chance to earn the coveted Schuetzenschnur. Thirty-eight Germans and one French soldier earned qualification badges on the M-16 and M-9.

Since this was part two, the range activity was followed by a barbecue hosted by the NATO School, adding to the multinational experience.

Have a story idea? Call DSN 440-3701, CIV 08821-750-3701.



38th HRC's 2nd Platoon comes home

Story and photo by
Jasmine Morales

USAG Schweinfurt Public Affairs

A crowd of one hundred attended the 2nd Platoon, 38th Human Resources Company (Postal), welcome home ceremony at the Finney Fitness Center on Kessler Field, June 30.

Red lights and smoke filled the gymnasium doorway as 18 Soldiers from 2nd Platoon marched in, receiving cheers from their loved ones and supporting community.

"It's been way too long," said Stky Nieves, spouse of Staff Sgt. John Nieves, who served one year in Joint Base Balad, Iraq.

"We're going on a much-needed vacation and enjoy the time we have together," she added.

"I'm just happy to see my wife and kids," said Nieves, who is currently stationed in Bamberg, Germany, and will soon be moving to Fort Bragg, N.C.

The platoon processed over 25 million pounds of both in and out-bound mail while supporting over 35,000 services members of all branches as well as Department of Defense civilians operating in six forward operating bases. In all, the company covered the largest postal footprint among all other postal contracted services available in Iraq.

"What made our mission successful was the camaraderie and accord we had with each other," said Capt. Jamie Vestal, post platoon leader and post officer in



Three-year-old Imani Vestal greets her father, Capt. Jamie Vestal, post platoon leader and post officer in charge of the 2nd Platoon, 38th Human Resources Company (Postal), during the unit's welcome home ceremony. "I feel great about being back, my wife and family kept me going during this deployment," Vestal said.

charge, about their mission success in Iraq. "We were able to spend 10 to 12 months together prior to deploying, giving us the opportunity to get to know each other and to know who works best with whom."

Operating six days a week and at times serving anywhere from 300 to 1,000 customers per day, the Soldiers from the 2nd Platoon accomplished their mission by supporting each other and always bringing the right attitude to work, said Vestal.

"Our main mission is to make sure that the Soldiers receive their mail and that their mail was sent

out accordingly," said Vestal.

Support from family and friends is invaluable during a deployment. For Vestal, ensuring the delivery and arrival of mail was the mission, but the thought of home kept him motivated.

"I feel great about being back, my wife and family kept me going during this deployment," said Vestal with his 3-year-old daughter Imani tightly wrapped around him.

"Every day I served I just kept my focus on returning back to them," said Vestal who will be going on block leave to his hometown of Chicago, Ill. "I really appreciate

everything, the community coming out and the banners," he added.

Holding her daughter in her arms, Shanee Meadows eagerly awaited her husband's arrival through the passageway leading into the ceremony.

"We're really, really excited. The kids are really excited. He's actually coming home a few days earlier than we expected, which is actually awesome," said Meadows. Her husband Sgt. Benjamin Meadows served a 12-month deployment in Iraq and was all smiles as he held on to his wife and kids soon after being released.

"It's wonderful — the best feeling in the world — couldn't feel better. I'm overwhelmed," said Sgt. Benjamin Meadows who served on Forward Operating Base Normandy during his deployment and is currently stationed in Schweinfurt, Germany.

Surrounded by her peers with a look of relief, Spc. Anna Adams was overjoyed to have touched down.

"We're all excited to be back," said Adams with a big grin. "We grew closer together during the deployment and I'm happy we all made it back."

"I know Soldiers have e-mail, Facebook, Skype and all the other online services to stay in touch with their families back home, but it doesn't outweigh receiving a letter from their spouse or family member to include receiving care packages, Christmas and birthday gifts," said Vestal.



The Sky Soldiers mourn the loss of Pfc. Russell E. Madden at the Schweinfurt Ledward Chapel, June 30. Madden was killed in action, June 23, 2010, while conducting combat operations in Charkh, Loghar Province, Afghanistan.

1-91st Cav. Regt. Soldier remembered in Schweinfurt

Story and photo by

Eva Bergmann

USAG Schweinfurt Public Affairs

Soldiers and family members from the 1st Squadron, 91st Cavalry Regiment (airborne), mourned one of their own in a memorial service at the Schweinfurt Ledward Chapel, June 30.

On his deployment Pfc. Russell E. Madden completed over 85 missions as both an MRAP gunner and driver in support of Operation Enduring Freedom X. Madden was killed in action June 23, 2010, while conducting combat operations in Charkh, Loghar Province, Afghanistan.

Besides his unique energy and ever-positive attitude, Madden will be remembered by his friends and colleagues for his equally strong personal dedication.

"He was always ready to give 100 percent to any mission," said Capt. Matt Booth, D Troop commander, in his tribute to Madden, read by Capt. Steve Barnaby during the service. "His leadership and fellow Soldiers counted on him to make things happen when times were tough. Pfc. Madden would never leave his buddies in a bad situation."

Staff Sgt. Jermaine Mathis, Madden's section sergeant, illustrated Madden's fearless personality and professionalism in his tribute, read by Sgt. Larry Gonzales.

"Pfc. Madden always wanted to be the best, he tackled every challenge that faced him head on," Mathis remembered. "Pfc. Madden and I always used to kid about who could run the fastest two mile, he challenged me every day. He also had a short fuse, and would always stick up for his peers and for what he thought was right. I let the Soldiers express themselves whenever I would meet with them, and I always knew if I wasn't on my game, Pfc. Madden would be the first to tell me."

Madden was born March 23, 1981, in Kentucky and enlisted in the U.S. Army Nov. 12, 2008, at age 27. After completing basic training, advanced individual training and airborne school at Fort Benning, Ga., he was assigned to the 58th Transportation Battalion in Fort Leonard Wood, Mo. Germany was his second duty station, where he was assigned to the Forward Support Troop of the 1st Sqdn, 91st Cav. Regt., in June 2009, serving as a heavy-wheeled vehicle operator in the Distribution Platoon.

Furthermore, he played as a quarterback on the 1st Sqdn, 91st Cav. Regt.'s flag football team and, as in his job, he was a true leader on the field.

"Russell always wanted to be the best at whatever it was we were doing that given day," remembered his dear friend Pfc. Jose Maldonado, who first crossed paths with Madden in advanced individual training. "He was a very competitive person, which is what drove him to succeed in all that he did. Russell was a great friend, father, athlete and Soldier; one of the best in our troop. He was a brother to me, we had been through a lot and always he was there when needed."

"Russell was also a great musician, he loved to play the guitar and write music," Maldonado added. "Russell Madden, you will never be forgotten; we love you and miss you."

Madden is survived by his wife, Michelle; his son, Parker; and his parents, Martin and Pamela, who reside in Kentucky.

Schweinfurt celebrates Independence Day

Story and photo by

Eva Bergmann

USAG Schweinfurt Public Affairs

The U.S. Army Garrison Schweinfurt celebrated the birthday of the United States of America — more commonly known as Independence Day — with an all-day, outdoor fest at Kessler Field, July 4.

Starting at noon various live bands played music ranging from rock classics to hot salsa rhythms and an aerobics precision dance team put on the heat and encouraged the audience to dance along. Several give-a-ways, including T-shirts, footballs and squeezable stress relievers were distributed by the Directorate of Family and Morale, Welfare and Recreation.

Over 3,500 visitors enjoyed the free event, eating hot barbecue, and partaking in activities like face painting, wall climbing, electrical bull riding and plunging from the very popular bungee sky rocket. Many brought blankets, camping chairs, parasols and canopies, spending all day at the party, indulging in great family fun on a warm summer's day.

By 9:45 p.m. the celebration officially concluded with a flags ceremony and fireworks at 10:30 p.m., but the festive spirit was carried on by its attendees.

During the fest the Schweinfurt Auto Skills Center held its second annual World of Wheels car show. After a successful premier last year, the second edition of the World of Wheels had



Donny Vox (center) and his band rocked the stage, as did many children who were invited to join them during the performance. Various live bands played music ranging from rock classics to hot salsa rhythms and a dance team put on the heat at USAG Schweinfurt's Independence Day celebrations at Kessler Field, July 4.

grown to become even more popular, gaining in participants as well as increasing its fan base.

Forty-eight cars and motorcycles of all types and years competed for awards in different categories. The show, open to the public throughout the day, gave the audience and jury plenty of time to check out the hottest rods while owners talked shop about their rides.

Besides the much sought-after people's choice award, presented to Darren Gronowski and his 1994 Chevy Camaro Z28, the commander's choice award was one of the show's highlights.

Lt. Col. Everett Spain, USAG Schweinfurt Garrison commander, gave the award to Dan Dunlap's 2004 Mustang Mach I because it conveyed the unique spirit of freedom, and a driver

who just needs the open road for everything to be alright.

After inquiring about the reasons for the car owners to work on their vehicles and participate in events like this, it became clear that these cars were more than just basic commodities, but had grown to be part of their families.

"It is a piece of America to me," said Jeff McGinnis, who entered his 1976 Chevy Corvette Stingray. "Being over here, I miss my country, but I have a piece of my country here and that's what my car means to me."

"When I get in and drive it, I'm not looking around to see who's looking at me, I'm enjoying driving my car, that's it," he added smiling proudly at achieving the best stock classic award.

Host nation, Schweinfurt personnel join forces

by **Jasmine Morales**

USAG Schweinfurt Public Affairs

The Schweinfurt garrison and its German partners teamed up for an Anti-Terrorism Force Protection exercise on Conn Barracks, June 26.

"The ultimate goal for any Anti-Terrorism Force Protection exercise is to help build camaraderie between host nationals and military personnel in the event of a crisis, while meeting the intent listed in our Army regulation," said Joseph Chesnut, force protection officer and emergency manager.

Host nation and USAG Sch-

weinfurt first responders worked hand-in-hand responding to two incidents, providing first aid and transportation of wounded to prevent further injuries resulting in additional losses at the site.

"It is absolutely necessary to train in order to help identify any deficiencies," said Hans Wolf, USAG Schweinfurt fire chief.

The USAG Schweinfurt fire department and hazardous material teams were dispatched to assist at the scene. To help control the threat, hazardous material teams set up a decontamination site to aid those with possible chemical exposure. Host nation fire department

and ambulance services were also dispatched to the location for extra support.

"We were the first responders; once we arrived we noticed we needed additional forces. Part of our responsibility is to call on our host nation counterparts and rescue services when additional support is needed," said Wolf.

The host nation arrived and immediately exchanged radio frequencies to establish communication, and language wasn't a problem.

"There is always a language barrier when you're in a foreign country, but we had enough Ger-

man and English speakers in order to communicate efficiently on both sides, so the language barrier wasn't a problem," said Chesnut.

An improvised explosive device simulator, smoke grenades and special effects were used during the four-hour exercise to make it more realistic.

"An incident like this requires a lot of forces and a lot of equipment and therefore it is absolutely necessary to train on such incidents," Wolf said.

Plans for the annual training exercise started in October 2009 and were designed to test

See EXERCISE, page 23

Visit the U.S. Army Garrison Schweinfurt webpage, www.schweinfurt.army.mil, for up-to-date news, events, contact information and much more.

‘Zapfenstreich’ honors GTA’s 100th

by Maj. Jennifer Johnson
7th U.S. Army JMTC Public Affairs

The German Army honored the 100th birthday of the Grafenwoehr Training Area with a Grand Tattoo ceremony on the Grafenwoehr parade field, June 30.

Against the backdrop of the Grafenwoehr Water Tower, the German Bundeswehr stood as a visual representation of the long history of training and discipline. The band marched and played its instruments. The torches were brilliant against the night sky, as the sounds of horns and flutes filled the evening air.

Usually reserved for special occasions, the ceremony is only performed for national celebrations and solemn public ceremonies, or to honor distinguished persons. Normally taking place in the evening hours, the Zapfenstreich consists of a military formation, including a military band, two platoons of armed infantrymen, and two lines of soldiers carrying torches.

Underlining the importance of the event, there were many dignitaries in attendance. The Honorable Greg Delawie, U.S. Deputy Chief of Mission in Germany, and the Honorable Brigitta Brunner, southern Germany government president of the government of the Oberpfalz, delivered speeches that highlighted the great partnership and cooperation between the U.S. and German military in Bavaria.

“We count the American Soldiers and families as friends,” said Brunner.

Brunner said trust has grown between the two militaries since 1945, when the American came here during the war.

“Partnerships between military units, but also personal friendships, have developed over decades. And this has strengthened mutual trust of one another,” said Brunner. “Security in the 21st century must be seen as comprehensive and as a task for our and future generations.”

According to German historical records, the Grosser Zapfenstreich (“Grand Tattoo”) originated as a simple blast of a trumpet to signal the end of selling alcohol in military quarters to prepare for lights out. The unit sergeant major would walk across the military camp and hit — “streichen” in Old German — the taps of the casks with a stick. The English “tattoo” is derived from the Dutch phrase “tap toe,” meaning “to strike the tap.”



Photo by Staff Sgt. Adam Mancini

Bundeswehr soldiers fire an early 20th-century howitzer during a ceremonial re-enactment of the first training shot fired at the Grafenwoehr Training Area 100 years ago.



Left: German soldiers from the 472nd Logistics Battalion stand illuminated in the glow of their torches as the historic Grafenwoehr Water Tower towers over them during the Grosse Zapfenstreich, or military tattoo. The ceremony is the highest honor German Federal Armed Forces can render. Both ceremonies were part of the celebration of the Grafenwoehr Training Area’s centennial, June 30.

Photo by Markus Rauchenberger

“The name Zapfenstreich comes from the Middle Ages because there was a certain time that they had to stop giving out, or bringing out, beer,” said Sgt. Maj. Derthold Pott, a Bundeswehr soldier of D Company, at the Noncommissioned Officer Academy in Weiden, Germany. “So, the instrument you open to pour-out beer is called Zapfen. And it is called Zapfenstreich — end of giving out beverages.”

Upon hearing the lilting melody

of the flute and the beating of the drums, signaling the progression of Soldiers from the 472nd Logistics Battalion, stationed in Kuemmersbruck, Germany, the reviewing party took its place on the field. The German Army Mountain Music Corps Garmisch-Partenkirchen played a moonlight serenade to the crowd of American and German spectators, as the lit torches, held by the Soldiers, bounced to the beat of the drum as they took to the field.

With the Grafenwoehr Water Tower illuminated in the background, Lt. Col. Georg Schrieglmann, commander of troops, shouted out commands. In the dancing light of a multitude of torches, Soldiers maneuvered around the field with precise movements borne of their ancestors in the 16th century.

Like its American counterpart, the military tattoo, the Zapfenstreich ceremony represents the end of the duty day.

Exercise allows first responders to work out ‘the kinks’

Continued from page 22
emergency response time and validate emergency plan procedures, making sure the community is prepared and able when responding to an emergency or crisis.

“It’s important to conduct these exercises because we never know when disasters are going to strike,” said Chesnut. “Whether it be terrorist or natural disasters or a man-made crisis and if you never practice it it’s like doing it for the first time and we want to work all of our kinks when it’s just an exercise and real lives aren’t in danger.”

An active shooter was part of a separate scenario and initiated the military police and quick reaction force to respond. Perimeters were established and secured. The German Polizei was also called to the scene to help eliminate the threat and the potential of additional casualties.

Two casualty collection points were assembled to assist the wounded. One controlled the prevention of cross contamination and the other provided aid to victims of the active shooter.

“What we want is to validate our plan and to make sure that everybody is working together to solve the crisis,” said Chesnut.

“We want to get every unit or every organization that come together to work during a crisis to be able to see each other and meet each other so they have a better understanding of who they’re going to be working with helping them learn how the other person works,” he continued.

After full accountability of the wounded was reported to the emergency operations center, the exercise came to an end. An award ceremony was conducted to recognize all participants, followed by a barbecue.

Approximately 50 role players participated and numerous organizations volunteered to help execute the exercise, said Chesnut.

The Schweinfurt Health Clinic, 12th Chemical Company and several other units participated in the exercise.

Community plants final tree on Grafenwoehr’s 100-year Allee

Nearly 200 oak trees native to both U.S. and Germany symbolize strength, partnership

by Denver Makle
7th U.S. Army JMTC Public Affairs

A final tree was placed along Grafenwoehr’s 100-year Allee in Grafenwoehr Training Area, July 2, about five kilometers from Rose Barracks, near Range 201. The stand of trees was placed to symbolize the success and close cooperation between the U.S. Army, the U.S. Army Garrison and the Federal Forestry Office (FFO) at Grafenwoehr, a relationship spanning little more than half of the training area’s 100-year history.

Brig. Gen. Steven L. Salazar, commanding general of the Joint Multinational Training Command, and Col. Chris Sorenson, garrison commander, grabbed shovels and leveled dirt around the roots of the lone tree. They were joined by guests

who also participated in the planting ceremony including Gen. Maj. Gerd Wessels of the Bundeswehr, Mayor Helmuth Wachter of the city of Grafenwoehr, retired Brig. Gen. Philip D. Coker and retired Maj. Gen. George H. Harmeyer.

“One hundred years of training excellence, service and sacrifice, and now a tree is planted by a great team,” said Salazar.

Since 1995, the Federal Forestry Office (FFO), under the direction of Ulrich Maushake, has managed the Forestry Sustainment Program at Grafenwoehr, a program developed and funded by the U.S. Army and the German federal government. The program sustains, improves and conserves the natural environment while optimizing training. This year marks the 100th anniversary of the establishment of the FFO, which was created April 1, 1910.

Planting trees is a good way to illustrate the 100-year legacy, said Salazar. He thanked Maushake for this project and one that memorialized the fallen Soldiers of the Stryker Cavalry Regiment.

“Thirty-eight trees were placed at the monument of the fallen Soldiers for the 2nd Cavalry Regiment,” Salazar said. “It was a great symbol of the service and sacrifice of those 38 Soldiers, but also a tremendous demonstration to the 4,000 Soldiers of the Stryker Cavalry Regiment as they were preparing to go forward to Afghanistan, and to preserve freedom for all of us.”

Approximately 200 trees were planted in total, comprised of the species of oak native to this region and some red oaks more commonly found in the United States. The trees symbolize the bond developed between countries, a mutual respect and partnership acknowledged often during Grafenwoehr’s week of celebration.

“An oak will grow a very long time. It will provide a little shade on the tank trail,” said Heiner Bruss, forest captain at the FFO who served in the Bundeswehr from 1974-75.

“In the day and in the night, we were glad for the shade, during those times. It’s good for the U.S. Army and German army.”



Photo by Katie Cooper

U.S. Army Garrison Grafenwoehr Commander Col. Chris Sorenson (left) and Joint Multinational Training Command Commanding General Brig. Gen. Steven L. Salazar shovel dirt onto a newly planted oak tree at a tree planting ceremony to celebrate the 100 years of Grafenwoehr Training Area. Nearly 200 trees were planted in total, comprised of the species of oak native to this region and some red oaks more commonly found in the United States.

Don’t be the last one in your office to take the 2010 *Bavarian News* readership survey. Visit www.grafnews.org today.



Photo by Trecia A. Wilson



Photo by Trecia A. Wilson



Photo by Trecia A. Wilson



Photo by Molly Hayden

Grafenwoehr celebrates Independence Day

(Clockwise from bottom left) Ramona Stauche adds color to the face of Autum Olson, 4, during the Fourth of July celebration on the parade field at Grafenwoehr.

"Pop Nach 8" entertains the crowd with rock and pop music until the fireworks begin.

Bright, beautiful and loud fireworks explode in the sky spraying the darkness from green to fuschia with dagger tips of fire.

Music afficiando Brianna Dye, 3, dances to the music of "Pop Nach 8" while waiting or the fireworks to begin.

Five-year-old Jasmine York, (center) shakes her hips on stage with a gaggle of dancing ladies during the "Lt. Dan Band's" rendition of "Lady Marmalade" at the July 4 celebration.

More than a 1,000 Soldiers, family members and Grafenwoehr community members attended the event, which included bounce castles, musical performances and all-American food and beverages.

The smoke from the fireworks adds another dimension as it reflects the colors of the fireworks.



Photo by Jeremy S. Buddemeier



Photo by Trecia A. Wilson

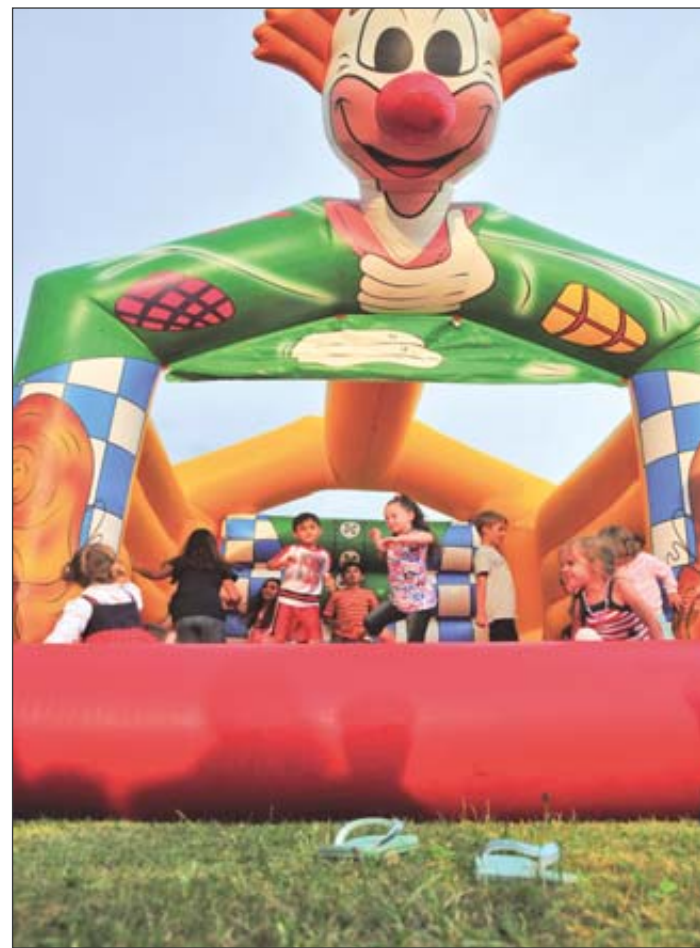


Photo by Jeremy S. Buddemeier

'Lt. Dan Band' takes the celebration to the audience

Continued from page 1

ring to it and since Lt. Dan was a military man himself, the name stuck."

Sinise played second fiddle to Tom Hanks in his infamous role as Lt. Dan in "Forrest Gump," but for many fans, Sinise remains in the forefront.

"He has such a passion for military service," said family member Sheila McIntire. "This is a great tribute to (Soldiers and family members). All of the work he does really makes a difference."

Sinise has devoted countless hours to aiding military veterans and currently serves as Detective Mac Taylor on the hit show "Crime Scene Investigation: New York, (CSI:NY)," Sinise takes his talents on the road, touring with the United Service Organizations (USO), playing free show for thousands of Soldiers and family members every year.

"A lot of people have their reasons for giving back and lending a hand to the military community and they give through various service endeavors," said Spc. Marcus Kranz, U.S. Forces



Customs Europe. "People like Gary Sinise help out by entertaining and lifting morale of the community."

The energy was high as the Lt. Dan Band performed a two-hour set of soul-funk-pop-country-blues-rock with a bit of "Bugle Boy" thrown in.

Sinise provided the downbeat playing the bass and the individual talents of each band member reverberated through the crowd.

"They are all talented musicians," said family member Sarah Krantz. "Their sound is great and you can tell it's not just a vanity project. They are having fun on stage and working together to put on a great show."

From Jeff Vezain's electric stage

presence, Mitch Paliga's saxophone serenade, Danny Gottlieb's constant drum beat, Dan Myers' extraordinary violin playing and the soothing sounds of numerous vocalists including Julie Dutchak and Mari Anne Jayme, the Lt. Dan Band pulled out all the stops to provide a foot-stomping, adrenaline-pumping show.

All of the band members are veterans of the stage with vast experience within the music industry. Electric guitarist Kimo Williams, however, is a veteran both on and off the stage.

In 1970, Williams was sent to Vietnam and assigned to a combat engineer company that built roads and cleared land in the jungle. To deal

Gary Sinise walks into the crowd of thousands of Soldiers, family and community members, bass in hand, during a special Independence Day performance held at the U.S. Army Garrison Grafenwoehr, July 4. Throughout the year, the Lt. Dan Band performs at many events, but much of the calendar is filled with concerts dedicated to supporting veterans, military volunteers and their families. "There is no place I'd rather be than with our troops during the Fourth of July," said Sinise.

with the stress of combat he took to the guitar and started practicing, hoping to play like his hero Jimi Hendrix.

An Army entertainment director heard him playing at one of the service clubs and suggested he form a band to perform for the troops in the field. For the next two months, September through November 1970, Williams and his band "The Soul Co-ordinators" traveled to remote fighting areas throughout Vietnam. They often set up their drums and amps in the deep jungle mud with their music at times competing with artillery fire.

"I was armed with a guitar and an M-16," said Williams. "Depending on what was happening, I'd use one

or the other."

Williams' ability to tell a story, sing and wail on the guitar pleased the crowd, garnering numerous cheers and a standing ovation. Many in the audience sang along as Williams played "Fire," an arrangement that would surely shake Hendrix proud.

Turning the attention to the audience, vocalists Dutchak and Jayme pulled Pvt.2 Chris Maloof, 172nd Infantry Brigade, on stage and serenaded him with a sultry rendition of "Natural Woman," as the strapping Soldier swooned over the singers under a shy grin and rosy cheeks.

The show came to end and the crowd screamed for more. The band listened and played a 10-song encore ending with show stomping "God Bless the U.S.A.," much to the delight of spectators.

"I can't think of a better way to celebrate Independence Day than being with the men and women of our armed forces," said Sinise. "The band and I are always happy to hit the road with the USO. We love performing for troops, because their sacrifices make it possible for the rest of us to live our lives. They deserve so much more, and this is just one way for us to let them know we appreciate what they do."

USO and TriWest Health Care Alliance sponsored the event with support from FMWR and USAG Grafenwoehr.

Smiley joins Graf’s ‘incredible team’

Continued from page 1

pride and passion. While they work for us, they are contributors to the greater community,” said Sorenson.

Sorenson’s next assignment will be as director of operations – G3, U.S. Army Special Operations Command at Fort Bragg, N.C. Although he will return to the United States, the support of the German community will remain.

“We are guests of Germany and its people. Here in Bavaria and its Oberpfalz region we enjoy fantastic government and citizen support,” said Sorenson.

Smiley, who was born in Wuerzburg, Germany, is also no stranger to German culture.

During the ceremony, Smiley expressed his excitement with the community about working in the Grafenwoehr area and fostering relationships with fellow commanders and community partners.

“Everything I’ve been exposed to tells a story of an incredible team here who takes its mission of supporting Soldiers, family members and the

civilian employees very seriously every day,” said Smiley.

The Washington State native began his military career as an infantry officer after graduating from Seattle University in 1988. His first assignment was at Fort Lewis, Wash., where he served in the 9th Infantry Division and 3rd Battalion, 75th Ranger Regiment. Following the Infantry Advanced Course, Smiley served in various command and staff assignments worldwide and deployed in support of the Operation Iraqi Freedom, Operation Enduring Freedom and in support of the 2004 Summer Olympics in Athens, Greece.

Smiley served at the chief of operations for Installation Management Command in Washington, D.C. prior to assuming command of USAG Grafenwoehr, which is the largest garrison outside of the United States.

“The Army has invested a lot here and all you have to do is look around and you see pride in ownership,” said Smiley. “My family and I look forward to being on the garrison team and wearing that pride with you.”



Diane Devens, director of Installation Management Command-Europe (left), incoming commander Col. Vann Smiley and outgoing commander Col. Chris Sorenson begin the passing of the colors during a change of command ceremony at the Main Post parade field, July 15.

Mailing items to APOs takes preparation

Continued from page 6

Q: Does the customs form serve as the address label?

A: No, the customs form is for use by customs officials. Your package still needs to be addressed, either with a label or by writing the “To” and “From” destinations on the package itself.

Q: How do I address my package?

A: If not using a label, you should position the “To” address beginning roughly in the center of the package, while the “From” address (your CMR address) goes in the top left corner. This needs to be your full address, including name, CMR with box number, APO AE and nine digit zip code (five digit zip code plus your box number written as the last four digits). Your local street address is not valid for use in the MPS. It is recommended to also include a copy of the address inside the package in the event your label is lost or damaged in shipping.

Q: Do I have to wrap my package?

A: The only time it is required for you to wrap your package is if the box you are using originally contained a restricted item such as a bleach box or a case of Corona beer. It is recommended that you wrap your package if the decorations or writings make it difficult to readily recognize the address. All previous barcodes or addresses should be covered or blacked out with a heavy marker. Wrapping paper is currently provided in the postal service center free of charge. However, availability is subject to budgetary constraints.

Q: Does the Postal Service Center provide boxes?

A: The PSC provides priority boxes of various sizes free of charge, but the package must be shipped using priority service. Priority boxes cannot be used for shipping MPS (free) mail. They can be used to ship items downrange, but priority prices apply. Wrapping of a new priority box received from the PSC to avoid charges is not authorized, however wrapping a used priority box that has been mailed to you is permitted. Main Camp’s PX sells boxes suitable for shipping, or boxes can be obtained from the recycle center.

Editor’s Note: Main Post and Rose Barracks postal centers contributed information. See the Aug. 18 edition for more frequently asked questions.

10-Miler team ready for next step in D.C.

Continued from page 1

Welsh, who was running with his wife Lisa, said he hadn’t really trained for the race in the past three years because of injuries, deployments and time spent raising his children.

“Life caught up with me,” he said.

No one, however, caught up with the overall winner, Maj. Keith Matiskella, chief of the Combined Arms Training Center, in Vilseck. Matiskella punished the course with a time of 53 minutes, 9.55 seconds, beating the next closest competitor by more than four minutes.

In addition, he broke the all-time record for the 10-Miler in Europe by a mere 3 seconds. (The previous record was set by Baumholder’s Sgt. Edmond Chapa in 2006.) The first female runner, Capt. Myra Galusha from USAG Ansbach, crossed the line at 69 minutes, 9 seconds.

“I was hoping to get out there and run hard,” said Matiskella, who admitted he may have started out a little too fast. “I’m very happy with that time.”

Many runners mentioned hitting “the wall” at the eight-mile mark as temperatures began to rise, baking the blacktop. Two runners were treated for severe dehydration after they crossed the finish line.

“The heat makes a difference,” said 1st Sgt. Fidelis Etim from USAG Vicenza. Etim said he was happy with his time, just over 70 minutes, which was about five minutes slower than he anticipated. “Being 46 years old, I give myself some slack.”

In addition to the heat factor, Welsh, who finished third overall, called the hill at the two-mile mark “quite daunting” because runners reached the hill just as they were settling into their race pace. “The next eight miles are just a matter of mental resiliency,” he said.

Welsh’s previous comment about not having really trained in the last three years was a relative term; in 2006 he was a member of the All-Army Marathon and 10-Miler teams.



Welsh joins the 2010 U.S. Army Europe 10-Miler team with Matiskella, who will be competing in his 11th Army 10-Miler this fall.

When preparing for the race, Matiskella said he usually runs about 10 miles every day. However, this year he added another element to his training regimen — stroller miles — when his wife, Maj. Paty Matiskella, deployed with 2nd Stryker Cav-

2010 U.S. Army Europe 10-Miler Team

Men’s Team

Maj. Keith Matiskella (Grafenwoehr)
Capt. Kyle Greenberg (Garmisch)
Maj. Daniel Welsh (Grafenwoehr)
Sgt. 1st Class Walter Johnston (Heidelberg)
Capt. Adolph DuBose (Vicenza)
Spc. John Baeza (Grafenwoehr)

Women’s Team

Capt. Myra Galusha (Ansbach)
Staff Sgt. Alicia Anderson (Grafenwoehr)
Spc. Ekaterina Volsky (Heidelberg)
Capt. Leah Mock (Stuttgart)
Sgt. Katherine O’dell (Heidelberg)
Staff Sgt. Rosemary Hernandez-Oglesby (Vicenza)

Alternates: CWO5 Edgardo Academia (Manheim), Sgt. 1st Class Ryan Staggs (Heidelberg), Spc. Kattie Lucido (Heidelberg) and Capt. Kimberly Ordenez (Grafenwoehr). Team members listed in order they finished.

For additional photos, visit the USAG Grafenwoehr Flickr site at www.flickr.com/photos/usaggrafenwoehr/sets.

Left: U.S. Army Garrison Hohenfels’ Jeff Barta races ahead of several runners during the U.S. Forces Europe Army 10-Miler Qualifier Race at Grafenwoehr, July 10.

alry Regiment.

And when he crossed the finish line, the race wasn’t over. He immediately sprinted to Vilseck (in his car) to pick up his 3-year-old son, Finn, from daycare.

“The hardest thing (about the race) was getting someone to watch my son this early in the morning,” said Matiskella.

Cruz’s dedication to community and family evident in her work

Continued from page 3

that can be attributed to the culture from which she was born.”

Although Cruz said, “Teaching is what runs my life,” she also manages her life around her family, which includes sports.

“I teach my children soccer and my husband is a baseball fanatic, so we go play baseball a lot,” said Cruz. “Before spring break we got together with all our friends and challenged each other in baseball, kids against adults.”

The drive Cruz has in other areas carries over into sports as well.

“I have been playing competitively since I was 5 years old. There aren’t many things to do on Guam, so we play sports all year-round,” said Cruz. “I would be in several different teams and clubs in one year. Playing sports was like having another family. I really enjoyed those times. Now that I have my family, I would like them to experience the same thing.”

Cruz went to the Philippines her freshman year for soccer and competed twice in high school at the Far East Soccer Tournaments in Japan.

She was also named “All Island Team Goalie” two years running.

Cruz doesn’t play team sports or even coach now because she feels she would be doing those organizations a disservice because she can’t be fully committed to their club. She reserves that commitment for teaching and attending her children’s and husband’s activities.

Cruz stretched her personal commitments recently, however, in order to participate in the annual Asian and Pacific Islander Heritage Day Celebration in Vilseck. She danced native Chamorro dances and joined other Asians and Pacific Islanders in some of their dances.

“It’s important to share the beauty of our culture with the military community and teach our children about their heritage,” said Cruz.

Of course, at the end of the day, she’s more than happy go home, sink into her couch, just watch television and relax for a while.

On the weekends she does all this stuff for everyone else in the family,” said her husband Steve. “She’s such a hard working mother and wife, I’m afraid she’s going to burn herself out.”

Stewart not looking back

Continued from page 3

shoulders with Tom Hanks and Tom Brokaw before eventually meeting his childhood hero Walter Cronkite.

And though he no longer narrates for the anniversaries, Stewart still functions as a voice in the community.

For the past two years he has volunteered as the president of U.S. Army Garrison Grafenwoehr Retiree Council, which provides support for 1,500 military retirees and family members from Berlin to Garmisch, including a handful in the Czech Republic and Hungary. Stewart assists retirees and their widows with everything from health care to translating documents to using the Internet.

He’s currently working toward streamlining customs procedures for retirees living in Germany to standardize their access to the commissary, post exchange and mail services.

James Federline, director of government relations at USAG Grafenwoehr, who has known Stewart since the 1980s, said Stewart’s compassion to help and serve all retirees in the Grafenwoehr foot-

print makes him unique.

“He steps out of the box and goes to help that person from A to Z,” Federline said.

Outside of the military community, Stewart shows no signs of slowing down.

Recently, the retired sergeant major found himself side-by-side with “tree huggers” and German community members who were protesting the construction of a highway through their town. The proposed road would provide a more direct route for traffic between Germany and the Czech Republic (north of Bayreuth) but runs through a stretch of untouched land in the Fichtelgebirge Mountains.

“If you’re gonna live some place, you gotta give back,” Stewart said.

Though he’d be the first to admit his experiences in Europe have changed him immensely in the past 50 years, in many ways he’s still that fresh-faced kid on the Greyhound bus; he latched onto a dream and never looked back.

“The Army gave me 43 years of a wild ride and I’ve lived in Europe most of the time. I couldn’t have paid for something like that.”